Potato onion puff 21
Scalloped Potatoes 145
Butter tarts

U. C. W. L.
Cookbook

Peanut Butter cookies Pg. 78

Carrot cake

Banana nut Bread Pg. 62

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Women's League
Hamilton, Ontario

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MESSAGE from the ORGANIZATION

We, the organization, wish to recognize the role of those "advertisers" in today's society who provide the ongoing boost by constantly supporting projects like this.

We sincerely appreciate and thank all the merchants, business people, and others, whose fine spirit of co-operation made it possible for us to publish and market this book.

We truly hope that you will enjoy its use. Should you require extra copies of this publication for your friends, relatives or neighbors, you may purchase them from us.

The Organization

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Canada

LITHO IN CANADA

Take time for **10** *things*

1 ***Take time to Work—***
it is the price of success.

2 ***Take time to Think—***
it is the source of power.

3 ***Take time to Play—***
it is the secret of youth.

4 ***Take time to Read—***
it is the foundation of knowledge.

5 ***Take time to Worship—***
it is the highway of reverence and washes the dust of earth from our eyes.

6 ***Take time to Help and Enjoy Friends—***
it is the source of happiness.

7 ***Take time to Love—***
it is the one sacrament of life.

8 ***Take time to Dream—***
it hitches the soul to the stars.

9 ***Take time to Laugh—***
it is the singing that helps with life's loads.

10 ***Take time to Plan—***
it is the secret of being able to have time to take time for the first nine things.

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after substracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples:

kilo means a thousand.
Example: a kilometre is a thousand metres.

centi means a hundredth.
Example: a centimetre is a hundredth of a metre.

milli means a thousandth.
Example: a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5- ⅓ tablespoons	79 ml	= ⅓ cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

FOOD

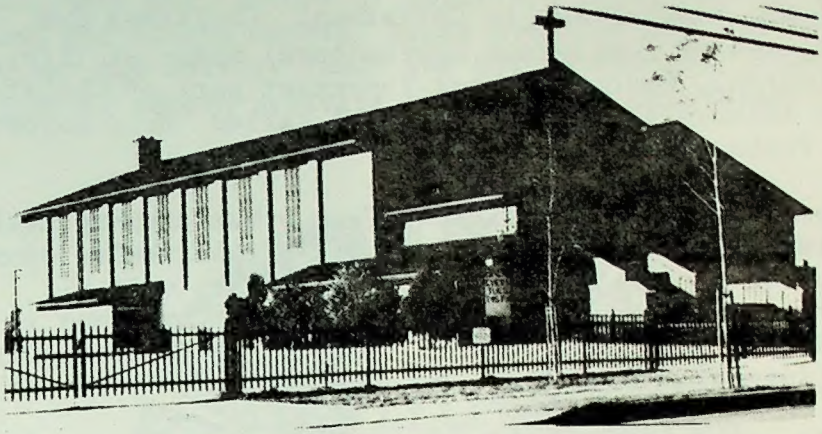
1 cup butter margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 eggs whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or l liter	l



ACKNOWLEDGMENT

The Executive of St. Nicholas Ukrainian Catholic Women's League of Hamilton,Ontario takesgreat pleasure in presenting to the lovers of Ukrainian Modern and Traditional Culinary Arts this cook book.

We wish to express our sincere thanks and appreciation to all those who contributed recipes, offered encouragement and made valuable suggestions, without which this cook book would not have been possible

We also wish to thank the Committee members for their untiring effort and sacrifice of time and energy which such an undertaking demands. Our grateful thanks to Mrs. Ann Procajlo, Chairman of the Cook Book Committee and assisted by Mrs. Mary Spilchuk, Mrs. Gloria Fedas and Mrs. Stella Storoschuk for their patience and perseverance to complete this project entrusted to them by the members of our Association.

May this cook book enrich your kitchen and be a worthwhile addition to treasured collections by other Ukrainian and Canadian Women's Organizations, giving pleasure not only to Ukrainians but all who cook, for it is they who form the great mosaic called Canada.

Ann Procajlo
President

- Hamilton, Ont.

Among the Ukrainians, wherever they may be, the most beloved of all festivities is Christmas. Christmas Eve, centering around family and agricultural modes of life, is very colourful, being the most important part of Christmas. Its main feature is the evening meal called "Holy Supper" (Svyata Vechera).

The supper on Holy Night differs from other evening meals, having twelve Lenten dishes, symbolic of the twelve Apostles who gathered at the Last Supper. The dishes omit all animal fat, milk and milk products because Christmas is preceded by a period of fast which ends on Christmas Day after midnight.

The table, set according to time-honoured custom, is first strewn with hay in memory of the Christ Child in a manger, and over it is spread the very best tablecloth adorned with native embroidery. Bread (Kalach) symbolizing prosperity, constitutes the central table decoration. A sheaf of wheat, the traditional symbol of the gathering of the family, may be placed in the corner of the dining room or a few stalks are used as a table decoration.

The meal begins with the Lord's Prayer and then a thanksgiving grace. The first dish is Kutya, a preparation of cooked wheat dressed with honey, ground poppy seed, and sometimes chopped nuts. This ritual dish starts the meal in a ceremonial manner. The head of the family greets the family with "Khrystos Rodyvsya!" (Christ is born), to which they reply: "Slavin Yoho!" (Let us glorify Him). Following this, everyone must have some Kutya, if only a spoonful.

Kutya may be followed with an appetizer of pickled herrings or pickled mushrooms, or with a serving of borsch, after which comes one or more preparations of fish and various other traditional dishes ending with a dessert of stewed dried fruit, or fruit varenyky, and the Christmas pastries and nuts.

After the meal, the family joins in singing carols and general merry-making. Generally, the family attends Special Christmas Service around midnight.

(continued)

- Hamilton, Ont.

On Christmas Day, groups of carollers visit homes, singing ancient and modern carols, bring traditional Yuletide greetings and solicit funds for worthy causes. This is the general modern practice wherever the Ukrainians may be.

- Hamilton, Ont.

- EXTRA RECIPES -

HORS D'OEUVRES, PICKLES & RELISHES

BEATITUDES FOR THE HOUSEWIVES

Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.

Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.

Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.

Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.

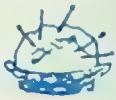
Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.

Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.

Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity fo the Christian home; for hers is a sacred trust that crowns her with dignity.



HORS D'OEUVRES, PICKLES & RELISHES

CHEESE DREAMS (APPETIZERS)

6 slices day old bread
Melted butter
2 egg whites
¼ tsp. salt
1 tsp. Worcestershire sauce
Dash of onion powder
1 c. grated med. old cheese
Diced bacon

Trim crusts from bread and brush with melted butter. Beat egg whites, salt, Worcestershire sauce and onion powder until stiff.

Spread on bread - sprinkle with cheese. Cut each slice into 4 and place on a greased cookie sheet. Top each slice with bacon.

Bake at 375 degrees F. until cheese melts.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

SEAFOOD DIP

2 cans crab meat or shrimp
1 can cream of mushroom soup
1-8 oz. pkg. softened cream cheese
1 c. mayonnaise
1 envelope unflavoured gelatin
1 c. chopped green onion
½ c. chopped celery

In a sauce pan, melt cream cheese with mushroom soup. Dissolve gelatin in ¼ c. hot water. Add gelatin and remaining ingredients to soup mixture. Stir and mix thoroughly. Pour into 6 c. mould. Refrigerate overnight. Unmould and serve with crackers.

Dorothy J. Pidsadny

ICICLE PICKLES

3 gal. pickles cut lengthwise(cucumbers)
16 c. sugar
10 c. vinegar
1 big handful mixed spices in a bag

Boil 1 pt. of salt and 1 gal. of water. Pour over cucumbers and let stand one week. Drain. In extreme heat, renew brine. Pour boiling water over cucumbers, let stand one day. Drain.

Dissolve 1 tbsp. powdered alum in one gal. boiling water. Pour over pickles. Let stand one day - drain.

Boil sugar, vinegar and spices. Add food colouring (green) for nice colour. Pour over pickles 4 mornings - boiling syrup each time.

Mrs. Winnie Fink

PICKLED SWEET RED PEPPERS

6 or 7 large red peppers
3/4 c. sugar
1½ c. vinegar

Wash peppers, remove tops and seeds and cut peppers into strips, cover strips with boiling water - let stand 2 min. Drain. Pack peppers into hot sterilized jars. Boil sugar, and vinegar together 5 min. Pour over peppers to fill jars. Seal. Makes about 3-8 oz. jars.

Doris Kozak

FAMILY PICKLES

2 qts. cucumbers
1 qt. onions
1 qt. carrots
1 qt. yellow string beans
1 qt. cauliflower or
1 qt. green peas
1 qt. mild vinegar
4 c. white sugar
2 tsp. celery salt
½ c. flour
1 tsp. turmeric
1 tsp. dry mustard

(continued)

Peel and cut cucumbers into small pieces. Also cut onions, carrots, beans and cauliflower into bite-size pieces. Cook each vegetable separately in salted water as for table use. Drain. Soak onions and cucumbers in salted water for 2 hrs. Use pickling salt and cold water - drain.

In large sauce pan combine vinegar, 3 c. sugar, celery seed and bring to a boil.

Mix together flour, 1 c. sugar, turmeric and mustard. Mix these ingredients with cold water or vinegar to make a thin paste. Add this paste very slowly to the boiling vinegar. Stir constantly to avoid lumping. Bring to a boil and add onions, cucumbers and remaining vegetables. Bring back to boil and boil slowly for 15 min. Add this mixture to sterilized jars and seal.

Mrs. Nettie Spilchuk
Ituna, Sask.

BEET PICKLES

Cook about 5 lb. of beets, cool and rub off the skins. Combine in a kettle and simmer for 15 min. -

- 1½ c. white sugar
- 3½ c. vinegar
- 1½ c. water
- 3" stick cinnamon
- 1 tsp. spices tied in a cloth bag

Add the prepared beets and cook 5 min. Pack in hot sterile jars, cover with the syrup to within ¼" from the top. Process in hot boiling bath for 10 min. Remove from bath, tighten tops, invert until cool. Store to age.

Kaye Solomon

OLD FASHIONED DILL PICKLE

- 6 qts 3 - 3½" fresh cucumbers
- 16 c. water
- 8 tbsp. pickling salt
- 8 cloves garlic
- Fresh Green dill

(continued)

Rinse dill - wash cucumbers - pierce with a fork one or two places. Place dill and garlic at the bottom of a qt. or larger sealer. Pack cucumbers. Bring water and salt to a boil - set aside for 10 min. Fill jars and leave uncovered until cooled. Replace covers but do not tighten. Keep in kitchen for 4 days to ferment. Clean tops of foam, add water where needed to fill jar. Seal tight and store in fruit cellar. Mature in 4 weeks.

Anna Batrynchuk

TELL OUR ADVERTISERS
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IN THIS BOOK

SALADS, SOUPS & VEGETABLES

SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SEASONING (Salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	½ tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1½ Tbsp.	½ tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2½ Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

VEGETABLE (Minutes)	BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	45 - 60	
Bean, Lima, depending on age	20 - 40	60	
Bean, String	15 - 35	60	
Beets, young with skins on	30	60	70 - 90
old	1-2 hrs.	1-2 hrs.	
Broccoli, flowerets	5 - 10		
stems	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
flowerets	8 - 10		
Carrots, cut across	20 - 30	40	
Chard	60 - 90	90	
Celery, cut in lengths ½ inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	8 - 10	15	
Eggplant, whole	30	40	45
Marrow	15 - 40		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin, in cubes	30	45	60
Salsify	25	45	
Spinach	8 - 10	20	
Squash in cubes	20 - 40	50	60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

FRENCH DRESSING

1 c. oil
2/3 c. ketchup
½ c. vinegar
½ c. sugar
2 tbsp. minced onion
1 tbsp. lemon juice
1 tsp. salt
1 tsp. pepper
1 tsp. dry mustard
1 tsp. paprika
2 cloves crushed garlic

Shake well in tightly covered jar. Refrigerate.

Dorothy J. Pidsadny

ITALIAN DRESSING

1 c. oil
¼ c. lemon juice
¼ c. white vinegar
1 tsp. salt
1 tsp. sugar
½ tsp. oregano leaves
½ tsp. dry mustard
½ tsp. onion salt
½ tsp. paprika
1/8 tsp. thyme
2 cloves crushed garlic

Shake well in tightly covered jar - refrigerate.

Dorothy J. Pidsadny

SPECIAL FRENCH DRESSING

½ c. sugar
1 tsp. salt
1 tsp. paprika
1 tsp. dry mustard
3/4 tsp. celery seed
1 tsp. onion powder
¼ tsp. pepper
½ c. salad or olive oil
½ c. vinegar
1 clove garlic

Combine ingredients in a blender or glass jar with a cover. Blend or shake well and chill, before serving, shake hard to blend well.

Blender best method.

Betty Worster

SUNSHINE SALAD

2 envelopes unflavoured gelatin
1 c. cold orange juice
¼ c. sugar
½ tsp. salt
Juice of 2 lemons
1-14 oz. can pineapple chunks in juice
1-10 oz. can mandarin orange sections, drained
1 c. coarsely grated carrots
½ c. celery, slices - cut diagonally ¼" wide

Sprinkle gelatin over orange juice in sauce pan. Place over low heat, stir constantly until gelatin dissolves - about 4 min. Remove from heat. Stir in sugar, salt and lemon juice. Drain pineapple chunks, stir reserved juice into hot gelatin mixture. Chill mixture to consistency of unbeaten egg white.

Dice pineapple chunks, stir into chilled gelatin mixture with drained mandarin orange sections, carrots and celery. Turn into 6 c. mould or bowl. Chill until set. Makes 8 to 10 servings.

Mrs. Rose Kaluzny

CARROT SALAD

4 c. shredded carrots
1 med. Spanish onion, chopped
5 sprigs of green parsley, cut up
¼ c. mayonnaise or salad dressing
Salt and pepper

Wash the carrots, scrape and shred very fine. Add other ingredients in order, salt and pepper to taste.

Mrs. Rose Karpa
Winona, Ont.

SEAFOOD SALAD

1 head leaf lettuce
1-7 oz. can shrimp
1-7 oz. can crab
½ cucumber
3/8 c. oil (olive)
3/8 c. white vinegar
Dash of salt, pepper, garlic salt
¼ tsp. Italian seasoning

(continued)

Wash lettuce thoroughly. Break lettuce up into bite-size pieces. Slice cucumber, put into bowl.

Drain shrimp and crab (rinse well with cold water). Add to lettuce and cucumber. Put bowl in fridge.

DRESSING - Combine oil and vinegar, add spices. Pour dressing over salad just before serving.

Mix well.

Anne Wasiuta

BEAN SALAD

1 can green beans	1 c. chopped celery
1 can yellow wax beans	1 c. chopped green pepper
1 can red kidney beans	1½ c. chopped Spanish onion
1 can white kidney beans	1 can lima beans

Drain canned beans and mix altogether in large bowl.

Brine - 1-1/3 c. vinegar
1½ c. sugar
1½ c. water
1 tsp. salt

Bring to a boil, cool and add 1 c. oil. Pour brine over beans - mix. Refrigerate at least one day.

Dorothy J. Pidsadny

CAESAR SALAD

1 large Romaine lettuce	¼ tsp. dry mustard
1 small clove garlic, crushed	Pepper
1/3 c. oil	1 coddled egg
8 anchovy fillets, cut up	1 lemon
1 tsp. Worcestershire sauce	
½ tsp. salt	

Break lettuce up into bite-size pieces. Put all ingredients in large bowl squeezing lemon juice over egg - beat well.

(continued)

Add Romaine lettuce and toss. Add garlic croutons and 1/3 c. parmesan cheese - toss.

GARLIC CROUTONS - trim crust off 4 slices of bread, butter both sides and sprinkle with garlic powder. Cut into ½" cubes. Bake 15 min. at 400 degrees stirring occasionally.

Dorothy J. Pidsadny

JEAN'S LUSCIOUS SALAD

1 c. boiling water
1-3 oz. pkg. lemon gelatin
1-3 oz. pkg. lime gelatin
1 c. mayonnaise
1 c. sour cream
1 c. creamed cottage cheese
1-10 oz. can crushed pineapple
1 tsp. prepared horseradish
½ c. chopped pecans, opt.

Pour boiling water over gelatin and stir until completely dissolved. Combine remaining ingredients and stir in hot gelatin,mixing well. Pour into 1½ qt. mould. Chill until set, unmould and garnish if desired.

Irene Jean Marshall

CUCUMBER SALAD

1 cucumber
¼ tsp. salt
Pepper
1 tsp. vinegar
1 heaping tbsp. sour cream

Peel and grate cucumber. Squeeze as much water as possible out. Add remaining ingredients to cucumber and mix well. May be served immediately, but is much improved by being allowed to chill several hrs. or overnight. Sprinkle with paprika for colouring. Serves 3-4.

Mrs. E. Ewaskiw

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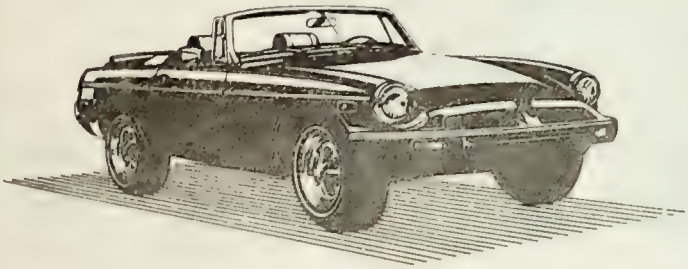

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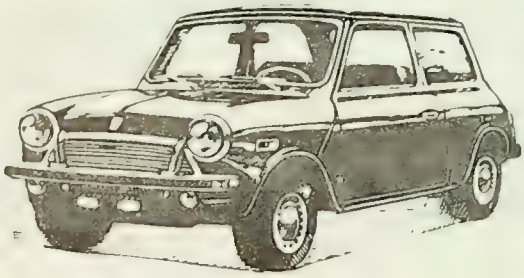

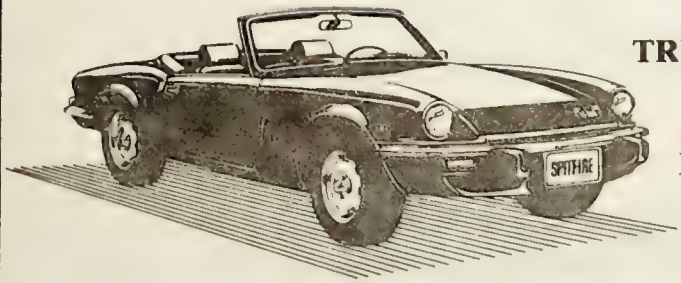

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BEAN SALAD

2 c. fresh or frozen green beans, not canned
2 c. fresh or frozen yellow beans, not canned
1-15 oz. can kidney beans, washed
1 can chick peas, washed
2 med. onions, cut in rings
1 large green pepper cut in strips

Dressing - 1 c. white vinegar
1 c. white sugar
1/2 c.salad oil
1½ tsp. salt
1½ tsp. white pepper

Combine green and yellow beans in large sauce pan and cook until just tender. Do not overcook. Drain beans, rinse with cold water and drain well.

Combine in a large bowl - green and yellow beans, kidney beans, chick peas, onions and pepper strips. Combine dressing ingredients in a jar, cover and shake well. Pour over the beans and cover tightly.

Put in a cool place for a day before use. Stir well occasionally to make sure all the beans are absorbing the dressing. Drain and serve on lettuce bed.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

SWEET 'N' SOUR SALAD
(sauerkraut salad)

1-32 oz. jar sauerkraut
4 c. green pepper, chopped
2 c. onions, chopped
2 c. celery, chopped
1 small jar red pimento, chopped

Dressing - 2 c. white sugar
1 c. white vinegar
¼ tsp. salt

Boil together 1 min.

(continued)

Drain the juice out of sauerkraut and rinse well with cold water. Drain thoroughly and shred or separate the sauerkraut. Combine all the chopped vegetables with the sauerkraut and mix well.

Pour the dressing over the vegetables, mix thoroughly, cover tightly and store in cool place.

Let salad marinate one day, mixing occasionally before serving.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

FIVE CUP SALAD

1 small can pineapple tidbits
1½ c. miniature marshmallows
1 small can mandarin oranges
1½ c. shredded coconut
1 small container sour cream

Drain mandarin oranges and pineapple tidbits. Combine all ingredients together and refrigerate at least one hour before using.

Mrs. Dianne Procajlo

CABBAGE SALAD

Shred a canner full of cabbage. Pour boiling water over and let stand for 2 hrs. Drain well. Add ½ c. pickling salt and mix well. Let stand overnight. In separate bowls, chop 1 qt. carrots and put some salt over them, 6 to 8 onions - chopped and mixed with salt. Let stand overnight. In morning drain vegetables well. Add 1 lb. chopped red peppers and 1 qt. mazola oil and the following brine-

3 c. vinegar
3 tbsp. pickling spice - tied in a bag
1 c. water
5 tbsp. sugar

Boil 5 min.

(continued)

Pour over cabbage, carrots, onions and peppers. Pack in qt. sealers and process in hot water for 10 to 15 min. Serve as coleslaw.

Agnes Okrainetz

BEAN SALAD

2-20 oz. cans green beans, drained
2-20 oz. cans yellow beans, drained
1-15 oz. can kidney beans, washed

2 med. size onions, cut into rings
1 large green pepper - cut into strips

Dressing - 1 c. white sugar
1 c. vinegar
½ c. salad oil
1½ tsp. salt
1½ tsp. pepper

Put into a jar, shake well, pour over the beans, put into cool place for a day before serving.

Mrs. Mary Bidulka

GINGER-FRUIT RING

2 envelopes Knox unflavoured gelatin
2 c. ginger ale, divided
1/8 tsp. salt
1 grapefruit, peeled, sectioned and diced
1 orange, peeled, sectioned and diced
1 can pineapple pieces in juice, drained
2 c. halved seedless grapes
1/8 tsp. ginger

Sprinkle gelatin over ½ c. ginger ale in sauce pan. Place over low heat, stir constantly until gelatin dissolves - about 5 min. Remove from heat, stir in salt and remaining 1½ c. Ginger Ale. Chill to consistency of unbeaten egg white. Stir in grapefruit, orange, pineapple, grapes and ginger. Turn into 5 c. mould, chill until set. Unmould onto escarole or leaf lettuce arranged on plate. Makes 8 to 10 servings. *Ginger may be omitted as it makes the salad very spicy if used.

Mrs. Rose Kaluzny

CLEAR BORSCH

Suggested for Christmas.

1 lb. soup meat with bone
8 c. cold water
1 tsp. salt
5 med. beets, diced
1 med. onion, chopped
1 stalk celery, diced
½ small carrot diced
2 c. shredded cabbage
½ c. tomato juice, kvas or lemon juice
½ clove garlic, crushed if desired
Salt and pepper

Cover the meat with the water, add the salt - bring slowly to a boil and skim. Cover and simmer for about 1 hr. Add the vegetables and continue for another hr. Pour in the tomato juice, use enough kvas or lemon juice to get the desired tartness. Season to taste with salt and pepper.

Bring to a boil - if time permits, let the borsch stand for a while to blend flavours. Strain through a sieve. Serve the clear borsch hot or cold. For a cold borsch remove all the fat. When served hot put 2 or 3 vushka into each bowl. There is no cream in this borsch.

Annie Procajlo

VUSHKA (TINY DUMPLINGS)

Suggested for Christmas Borsch.

1 lb. mushrooms
1 onion
3 tbsp. bread crumbs
Salt and pepper to taste
3 tbsp. butter

Chop finely mushrooms. Chop onion, fry both in butter until liquid disappears. Add bread crumbs and brown. Cool mixture. Roll varenyky dough very thin, cut into 1¼ to 1½" squares and then proceed as for varenyky. Place 2 to 3 vushka in each serving of borsch.

Annie Procajlo

HOMEMADE SWEET CABBAGE SOUP

In a sauce pan put - 6 c. water
2 med. potatoes, cubed
2 tbsp. rice
Salt to taste

In a frying pan - 2 tbsp. butter
1 onion, sauteed
½ med. head cabbage, shredded
1 pt. stewed tomatoes

Simmer for ½ hr. then put with the water mixture and simmer for 2 hrs. Can be stored in freezer.

Stella Storoschuk

KAPUSNIAK
(sauerkraut soup)

2 pork hocks, cut in halves
1 shredded carrot
1 sprig parsley
Salt and pepper
1 med. onion
1 stick celery
2 to 3 c. sauerkraut
1 c. whole tomatoes
Pickling spice

Cook hocks slowly until tender, about 1½ to 2 hrs. Put in diced onion, carrot, celery, parsley, salt and pepper. About ½ hr. before the soup is done, put in the tomatoes and sauerkraut, and continue cooking slowly for ½ hr.

Make a sauce by browning 3 tbsp. flour in bacon fat or any other fat, and adding liquid from the soup gradually to make a smooth sauce. Put the sauce into the soup, stir to mix and bring to a fast boil. Remove from heat and cool slightly before serving. Serve with boiled potatoes.

Mrs. N. Procajlo

BORSCH

5 med. red beets, grated
1 cooking onion, chopped
1 lb. spareribs, fresh or smoked
2 carrots, grated
1 leek, chopped
2 stalks celery, chopped
1 c. fresh or canned tomatoes
1 tbsp. dill, chopped
2 tsp. salt

(continued)

Cook spareribs for 20 min. in 8 c. water in pot - add all vegetables and cook for 1 hr. until it is fully cooked. Add seasoned salt and pepper to taste. Add sour cream when served if desired.

Annie Procajlo

UKRAINIAN BORSCH
(beet soup)

1 lb. spareribs
Few peppercorns
2-3 beets, coarsely grated
1 c. cabbage, shredded
½ tsp. sugar
1 c. tomato juice or
2 tbsp. lemon juice
1 tbsp. salt
Piece of bay leaf
1 or 2 carrots, grated coarsely or chopped
1 med. onion, chopped

Cut up the spareribs - cover with about 1½ to 2 qts. water, add salt and spice and cook until meat is done. In the meantime, prepare the vegetables. Lift the meat out into the casserole, add the chopped or grated vegetables. Cook until tender. Add cooked beans, sugar and tomato juice last. Add salt and pepper to taste. Let come to a boil and it is ready to serve. Serve spareribs with baked potatoes.

Mrs. A. Procajlo

MARY'S BORSCHT

1 lb. spareribs
2 cloves garlic
2 bay leaves
4 qts. cold water

Place all ingredients in a large pot and cook at med. heat, until meat falls off bones. Drain the ribs, saving the broth. Pick all the meat off the bones and discard fat, bones, garlic and bay leaves.

5-6 beets, peeled and coarsely grated
1 potato, grated
1 carrot, grated
1 c. beans, green or yellow cut in small pieces
1 stalk celery, sliced
1 can whole tomatoes or fresh tomatoes
2 tbsp. fresh or dried parsley, chopped
Fresh dillweed leaves

(continued)

Peel and finely grate 1 beet, cover with ½ c. cold water and set aside. Put prepared vegetables in the broth in a large pot. Add 1 tbsp. lemon juice or vinegar and salt and pepper to taste. Cook on med.-low heat uncovered until vegetables are tender. Add water if necessary. Add the meat.

In a fry pan place 2 tbsp. butter, 1 large chopped onion, saute onion until limp - do not brown. Add 1 tbsp. flour and 1 tbsp. paprika. Stir to blend with onion. Remove from heat. Slowly ladle some broth into onion mixture and place on heat. Stir constantly until thickened and bubbling. Pour back into soup pot and boil for 1 min. Turn off heat. Add the grated raw beets and adjust seasoning.

Spoon sour cream individually when serving if desired.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

BARLEY SOUP

¼ c. whole barley, washed
6 c. boiling vegetable broth or beef broth
1 c. sliced carrots
½ c. diced celery
¼ c. chopped onions
2 c. skinned chopped tomatoes
1 c. peas
Salt to taste
½ c. chopped parsley

Place barley and broth in a heavy kettle, cover and simmer until barley is tender, about 1 hr. Add remaining ingredients, except the parsley, cook, covered, until vegetables are barely tender. Add the parsley but do not cook any further.

Olga Peniuk

CABBAGE SOUP

48 oz. can tomato juice
1 med. cabbage, shredded
1 c. celery, chopped including leaves
¼ tsp. lemon juice
Pinch of garlic
Pinch of sugar
Dash of salt and pepper
1 bay leaf

Pour tomato juice in large pot, add cabbage, celery, and ingredients - cook for 1 hr. If juice has evaporated add water to cover top of cabbage. Cook for an additional ½ hr. or until cabbage is tender.

Lora Bradley

BROWN RICE & SPINACH CASSEROLE

2 qts. washed spinach leaves
2 tbsp. butter
2 tbsp. unbleached flour
2 c. milk
½ c. vinegar
½ c. parmesan cheese
Salt to taste
¼ tsp. nutmeg
6 c. cooked brown rice
½ c. buttered whole wheat bread crumbs

Preheat oven to 325 degrees F. Place spinach in a large kettle with just enough water, cover, cook, drain. Melt butter, stir in flour and gradually blend in milk. Stir in vinegar - mixture will curdle but as it heats and is stirred it will smooth out.

Heat, stirring until mixture thickens. Stir in the cheese, salt and nutmeg. Mix spinach, rice into sauce and pour into buttered casserole. Sprinkle top with bread crumbs. Bake in oven, for 20 min. Serves 8-10.

Mary Jean Procajlo

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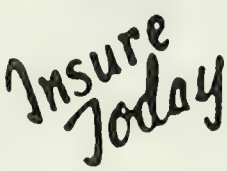

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RICE CASSEROLE

1 c. chopped celery
1 c. chopped onion
2 tbsp. butter
1 can chicken and rice soup
1 can mushroom soup
1 can beef bouillon soup
1 c. long grain rice, raw

Brown celery and onion in butter. Put into a casserole dish and add soup and rice. Bake at 350 degrees F. for 1 to 1¼ hrs.

Mrs. Winnie Fink

CHINESE FRIED RICE

½ c. finely diced cooked ham
chicken or pork
2 tbsp. hot oil
3 finely sliced fresh mushrooms
1 qt. cold cooked rice
1 finely chopped green onion
2 tbsp. soya sauce
1 egg

Fry ham, chicken or pork in hot oil. Add fresh mushrooms and cooked rice, green onion and soya sauce. Fry over low heat 10 min. Add well beaten egg, cook and stir 5 min. more. If colour isn't dark enough add a little more soya sauce. Makes 6-8 servings.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

EGGPLANT PAMIGIANA

1 large eggplant
6 large tomatoes, skinned
1 lb. whole-milk-mozzarella thinly sliced

Preheat oven to 400 degrees F. Peel the eggplant and slice crosswise into paper-thin slices. Blend the tomatoes in an

(continued)

electric blender until smooth. Butter a large casserole or baking dish and make alternate layers of eggplant, mozzarella and tomato puree, making the top layer cheese. Bake 45 min.

Yields 6 servings.

Olga Peniuk

MUSHROOM RING

1½ lb. fresh mushrooms	1 c. milk
1 med. onion	4 eggs
4 tbsp. butter	Salt and pepper
2 tbsp. flour	

Wash and drain mushrooms (minced). Saute together with onions in 2 tbsp. butter for 5 min. Cook sauce with other 2 tbsp. butter, flour and milk. Combine with the mushroom mixture, when cool add 4 beaten egg yolks. Fold in beaten egg whites and season to taste. Pour into a well buttered mold. Place in a pan of boiling water and bake until set.

Mary Jean Procajlo

MOUSSAKA

Cut into lengthwise slices ¼ - ½" thick, 3 peeled eggplants. Salt the slices generously and let drain at least 45 min. Meanwhile, saute until golden brown, 1 c. finely chopped onions in ¼ c. olive oil or butter. Add and brown slowly 2 lb. lean ground lamb. Add-

1 c. canned or fresh tomatoes
or 3 tbsp. tomato paste
1/3 c. white wine
1/3 c. chopped parsley
¼ tsp. nutmeg
Black pepper

Simmer the above gently about 45 min. In the meantime, quickly saute the drained eggplant slices until lightly browned on all sides in - ½ c. olive oil or butter, using only a little oil at a time.

(continued)

Drain on paper towels. Beat 3 egg whites until stiff but not dry. Fold the beaten whites into the cooked and cooled meat mixture with ½ c. fine bread crumbs. Prepare a double portion of white sauce. When hot pour a small amount of the sauce into 3 beaten egg yolks - nutmeg. Pour the yolk mixture into the sauce. Preheat oven to 350 degrees F.

Assemble the ingredients in a 9x13 pan or larger baking dish, placing first a layer of eggplant, then meat mixture ending with an eggplant mixture layer. Cover the whole dish with the sauce. Sprinkle top generously with grated parmesan cheese. Heat.

Mary J. Procajlo

DILLED CARROTS

Use small carrots or large carrots, cut into carrot stick size. Pack carrots in jars. Add fresh dill, 1 clove garlic, 4 whole allspice, 1 tsp. salt for qt. or ½ tsp. for pts.

Boil together 2 c. sugar and 2 c. vinegar. Fill jars, seal and boil - qts.for 1 hr. and pts. for ½ hr.

Agnes Okrainetz

SCALLOPED POTATOES DELUXE

6-8 med. sized potatoes
1 large onion, grated
½ tsp. salt
¼ tsp. pepper
½ c. finely grated cheese
1 can celery soup
1/3 can of milk

Grease good sized oven dish. Place alternately layers of sliced potatoes and grated onion, sprinkle each layer with seasoning. Heat soup and milk to scalding point and pour over potatoes. Sprinkle with grated cheese. Bake 1 hr. at 350 degrees; uncover last 15 mins. to brown.

Mary Jean Procajlo

KASHA AND MUSHROOMS

2 c. kasha - buckwheat
1 egg
2 tbsp. salt
2 tbsp. bacon drippings or butter
4 c. boiling water approx.,enough to cover kasha
Onions - mushrooms

Put dry kasha in a large fry pan and mix in raw egg. Fry mixture over low heat, stirring frequently. The kasha should begin to smell nut-like, but be careful not to scorch.

Put kasha, salt, bacon drippings, and water in pot. Cook over med. heat for 15 min. - until kernels are separated and fluffy and water has evaporated. Fry onions and mushrooms and mix with cooked kasha.

Dorothy J. Pidsadny

CREAMED POTATOES

Boiled potatoes
Fried onion
Dill
Whipping cream

Peel and boil potatoes as for mashing. In frying pan, saute onion in butter for 2-3 min. Add fresh chopped dill or dried may be used. Stir in whipping cream and let thicken. After potatoes are cooked drain and add to cream mixture. Stir until potatoes are coated with cream. Serve immediately.

Mrs. Liz Osadec
St. Catharines, Ont.

FRIED RICE

1 small med. onion
1 green pepper
1 can mushrooms pieces, drained
About a doz. almonds, chopped - opt.
Desired amount of rice, cooked - usually ½ c. per person
1 tbsp. cooking oil
1 hot pepper, opt.

(continued)

Saute onions, green pepper, hot pepper (opt.) until tender (in cooking oil). Add almonds and drained mushrooms, stirring to prevent sticking. When mushrooms are well heated add the cooked rice and mix. Serve with chicken, pork chops or any other desired meat.

G. LaBelle

QUICK SWEET CABBAGE

Chop cabbage in chunks about 1" pieces.

Heat a fry pan with oil or margarine to a high heat. Drop in all the cabbage, season with salt and pepper and add about 1½ oz. of white wine. Place a lid on the pan and let it steam, mix once or twice during the cooking time.

Cook for 5 min. no more than 8 min. Serve.

Kaye Solomon

POTATO ONION PUFF

2 lb. potatoes, about 4 med. size - peel and cube
½ tsp.salt
½ c. chopped fresh onions
¼ c. butter or margarine
3/4 c. milk
½ tsp. salt
Dash of pepper 2 eggs, separated

Cook potatoes in salt water until tender. Drain well. Saute onions in butter until tender. Mash potatoes. Beat onion, milk, salt and pepper into potatoes. Add egg yolk, beat well. Beat egg whites until stiff, fold into the potato mixture. Pile into a buttered 6 c. casserole.

Bake in 375 degree oven for 30 min. or until lightly browned.

Kaye Solomon

STUFFED ZUCCHINI

1 can tomatoes
1 can spaghetti sauce
3 tbsp. oil
½ c. finely chopped onion
½ chopped garlic clove
1 lb. ground beef
1 egg
½ c. bread crumbs
2 tbsp. grated Parmesan cheese
1 tsp. oregano
Salt and pepper

Prepare tomato sauce. Preheat oven to 375 degrees F. Cut parboiled zucchini in half lengthwise and spoon out most of the pulp. Heat 3 tbsp. oil, add onions, zucchini pulp and garlic. Cook for 5 mins. Brown ground beef and combine with vegetables. Add lightly beaten egg, bread crumbs, Parmesan cheese, oregano, salt and pepper. Spoon into shells. Place zucchini in buttered casserole; cover with tomato sauce and sprinkle with Parmesan cheese. Bring to simmer on top of stove then cover with foil and transfer to oven for 30 mins. Remove foil for last 10 min. to brown zucchini.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

BAKED BEANS

4 c. Libby's baked beans
½ c. ketchup
¼ c. molasses
2 tbsp. brown sugar
2 tsp. dry mustard
2 tsp. barbecue spice
½ tsp. onion powder
½ tsp. ginger
¼ tsp. black pepper
2 tsp. Sherry extract
4 slices bacon

Mix together all ingredients except bacon, put in casserole dish. Cut bacon into 1" pieces, place on top of beans, cover beans and bake for 1 hr. at 350 degrees F.

Dorothy J. Pidsadny

BROCCOLI SUPREME

1 can cream of mushroom soup
2 eggs, well beaten
1 c. mayonnaise
1 c. grated cheese
1 tbsp. grated onion
Salt and pepper
2 boxes chopped broccoli, cooked

Put broccoli in greased casserole. Mix first 7 ingredients and pour over broccoli. Cover with buttered bread crumbs. Bake for 20 min. in a 350 degree F. oven.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

RED CABBAGE

2 lb. red cabbage
2 tbsp. butter or margarine
1 tbsp. sugar
3 tbsp. red currant jelly
2 tbsp. vinegar

Remove wilted leaves from cabbage, cut in quarters and core. Rinse in cold water, drain well then shred fine. Melt butter in large sauce pan and add sugar, jelly and vinegar. Combine well, then add cabbage. Cover tightly and simmer gently for 1 hr. until cabbage is very tender. Stir occasionally. Delicious with pork or beef pot roast. Makes 6 servings.

Elsie MacLeod

STEAMED RED CABBAGE

1 med. red cabbage, grated or sliced very fine
1 c. beef broth
1 tsp. lemon juice
1 apple, peeled, cored and sliced
1 tsp. salt

Mix all and simmer, allowing about 3/4 hr. Drain and serve.

Mrs. E. Ewaskiw

CREAMED SPINACH

1-10 oz. pkg. spinach
1 tsp. salt
2 slices white bread, preferably French or Italian or a Kaiser roll
1¼ c. milk
1 clove garlic, crushed
2 tbsp. oil
1 heaping spoon (tbsp.) flour
1 c. sour cream

Cook spinach, salt in ½ c. water for 3 or 4 min. Drain thoroughly and place in blender. If you do not have a blender, chop until as fine as possible.

Soak bread in milk, add garlic and drained spinach. Mix thoroughly or blend in blender. Heat oil quickly in pot that has a cover. Add flour and stir very quickly over med. high heat until the colour of bread crust. Be sure it does not burn. Add spinach mixture watching not to splash yourself as it will bubble furiously. Cover and simmer 10 min. Serve with dobs of sour cream on top.

Mrs. E. Ewaskiw

CAESAR'S GREEN BEANS

1½ lb. fresh green beans, cooked
2 tbsp. oil
1 tbsp. vinegar
1 tbsp. minced onion (instant)
¼ tsp. salt
1 clove garlic, crushed
1/8 tsp. pepper
2 tbsp. dry bread crumbs
2 tbsp. grated Parmesan cheese
1 tbsp. butter or margarine
Paprika

Melt butter or margarine. Toss beans with oil, vinegar, onion, salt, garlic and pepper. Put into ungreased 1 qt. casserole. Mix together bread crumbs, cheese and butter and sprinkle over top of beans.

Bake uncovered 15 to 20 min. at 350 degrees or until heated through.

Dorothy J. Pidsadny

MEAT, FISH & POULTRY

TIME CHART for MEAT, POULTRY and FISH

MEAT and POULTRY	TIME per lb.	OVEN Temperature
Beef, rare	18 to 20 mins.	300 - 350
medium	22 to 25 mins.	300 - 350
well done	27 to 30 mins.	300 - 350
Pork, fresh	35 to 45 mins.	300 - 350
cured, well done	20 to 35 mins.	300 - 350
Ham, smoked	25 to 30 mins.	300 - 350
Lamb	30 to 35 mins.	300 - 350
Veal	25 to 35 mins.	300
All rolled roasts	add 10 to 15 mins. per lb.	
Chicken	22 to 30 mins.	325 - 350
Duck	20 to 25 mins.	325 - 350
Goose	25 to 30 mins.	325 - 350
Turkey, large	20 to 25 mins.	275 - 300
Small	15 to 25 mins.	300 - 325
Fish	20 mins.	325 - 350

AMOUNT OF MEAT TO PURCHASE

TYPE OF MEAT	NO. of SERVINGS	CUT
1 lb.	4	Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.
1 lb. (small amount of bone)	3	Round steak, ham slice, pot roast, rib steaks
1 lb. (large amount of bone)	2	Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

TO STEW MEAT

Beef	40 to 60 mins. /lb.	Veal	25 mins. /lb.
Lamb	20 mins. /lb.	Chicken	20 mins. /lb or more.

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open.* Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

SAUERKRAUT AND PEAS
(for Christmas)

2 c. sauerkraut
½ c. water
½ c. dried peas
1 med. onion, chopped

2 tbsp.flour
Salt and pepper
1 small clove of garlic, crushed

¼ c. Mazola oil

Soak dried peas overnight. Rinse them and drain. Cover with fresh water and cook until done. Rinse sauerkraut in cold water if too sour and drain it. Add ½ c. water and cook for 15 min. Combine peas and sauerkraut. Reserve liquid for sauce. Fry onion in oil until soft and light yellow. Sprinkle flour over the onion and add crushed garlic. Stir constantly until the sauce thickens.

Add sauce to the sauerkraut and peas, stir - add salt and pepper, to taste, and simmer for 30 min. This should be of thick consistency.

Annie Procajlo

SKILLET CHICKEN BARBECUE

1 - 2½ to 3 lb. broiler-fryer cut up chicken
¼ c. flour
1 tsp. salt
¼ tsp. pepper
3 tbsp. salad oil
1 - 7½ oz. can tomato sauce with onions
¼ c. water
2 tbsp. vinegar
1 tbsp. brown sugar
1 tsp. Worcestershire sauce - opt.
1 tsp. salt

Coat chicken with flour, 1 tsp. salt and pepper. In skillet brown in salad oil over med. heat, pour off fat.

(continued)

Combine remaining ingredients, pour over chicken. Simmer covered, basting several times, 45 min. or until chicken is tender. Makes 4 servings.

Mrs. C. Kelly

TUNA CASSEROLE

1 tsp. butter	3/4 c. milk
1 small onion, chopped	3 c. cooked noodles
1 can cream of mushroom soup	3/4 c. crushed potato chips
1-7 oz. can tuna	

Saute onion in butter until tender. Add soup, milk and tuna. Mix lightly with noodles. Place in a greased casserole. Top with crushed potato chips. Bake at 350 degrees for 20-30 min.

Dorothy J. Pidsadny

IMPOSSIBLE CHEESEBURGER PIE

1 lb. ground beef	1 c. shredded cheddar cheese
1½ c. chopped onion	1½ c. milk
½ tsp. salt	3/4 c. Bisquick
¼ tsp. pepper	3 eggs

Heat oven to 400 degrees - grease 10" pie plate. Brown beef, onion, drain, add salt and spread meat in pie plate. Sprinkle cheese over beef.

Beat milk, Bisquick, and eggs for 1 min. at high speed with mixer and pour over cheese. Bake 30 min. until golden brown and knife inserted comes out clean. Garnish with tomato slices, parsley and/or chopped green onion.

Dorothy J. Pidsadny

EASTER MACARONI CASSEROLE

2½ c. egg noodles
¼ c. sugar
½ tsp. salt
¼ tsp. cinnamon
½ c. raisins - well washed
3 eggs
1 c. scalded milk, cooled
½ c. butter, melted

Cook noodles in salted water until almost done. Drain well. Add melted butter and mix well. Add raisins and the mixture of sugar, salt, cinnamon, beaten eggs and the cooled milk to macaroni. Place in a well buttered casserole and bake in a moderate 350 degree F. oven for about 30 min. or until golden brown on top.

Anne Pidsadny

CABBAGE CASSEROLE

Tastes like cabbage rolls.

1 cabbage, small
1 can mushrooms, drained - opt.
1 c. rice - minute
1 large can spaghetti sauce
1 onion, chopped
½ green pepper, chopped
1 lb. ground steak or hamburg or ½ lb. ground beef and ½ lb. ground pork
Salt and pepper to taste (dash)

Cut cabbage into small wedges and par boil. Brown onions and pepper in fat, add meat and brown well. Add mushrooms, ½ can of sauce and rice - mix well. Line casserole dish with cabbage, then layer of meat mixture and keep repeating until you finish with cabbage on top. Pour remaining sauce over. Cover and bake at 375 degrees for ½ hr. to 1 hr. If not enough juice, add 1 can of tomato juice.

SWEET & SOUR RED CABBAGE

1 med. red cabbage 1½ - 2 lb.
2 tbsp. vinegar, or lemon juice
4 slices bacon (or 6) diced
¼ c. brown sugar - packed
2 tbsp. flour
½ c. water
¼ c. vinegar
1 tsp. salt
1/8 tsp. pepper
1 small onion, sliced

(continued)

Remove outside leaves. Shred to measure around 5 c. In sauce pan heat ½" salted water (½ tsp. salt to 1 c. water) and 2 tbsp. vinegar to boiling. Add cabbage. Cover and heat to boiling - cook about 5 min. or until crisp-tender (drain).

Fry bacon until crisp; drain. Pour off all but 1 tbsp. bacon drippings. Stir brown sugar and flour into drippings in skillet. Add water, ¼ c. vinegar, salt, pepper and onion. Cook, stirring frequently until mixture thickens, about 5 mins. Add bacon and sauce mixture to cabbage, stir together and heat through. If you wish, garnish with additional crispy fried diced bacon. Great with pork or beef.

BARBECUED SPARERIBS

½ c. chopped onions
2 tbsp. brown sugar
1 tsp. dry mustard
1 tsp. salt
1/3 tsp. pepper
1 c. water
1 c. ketchup
1 tbsp. vinegar
2 tbsp. lemon juice
2 tbsp. Worcestershire sauce

Brown ribs then place in roaster. In pan mix all ingredients together then bring to a boil, pour sauce over spareribs. Cook at 350 degrees F. (oven) for about 1 hr.

HONEY SPARERIBS

3-4 lb. spareribs - cut in small pieces
Salt and pepper to season
1 c. ketchup
1 c. honey or ½ c. honey and ½ c. sugar
1 c. water
½ c. white vinegar
1 tbsp. cornstarch
½ tsp. dry mustard

Salt and pepper both sides of small pieces of spareribs. Brown in Crisco oil, a few at a time. When browned well put all spareribs in large sauce pan. To make sauce, mix ketchup, honey, water and vinegar in a bowl. Pour sauce mixture over spareribs, cover and let simmer on stove about 1 hr. or until tender.

(continued)

In a small bowl, mix cornstarch, dry mustard and some salt and pepper. Add some cold water and mix into a paste. Pour paste into the honey-sparerib mixture and stir. Cook on med. high heat until sauce thickens. Remove from stove and keep warm at back of oven.

Anna Ozimok

HUNGARIAN MEAT LOAF

2 lb. ground pork put through grinder twice if possible
2 hard boiled eggs
1 fresh egg
1 Kaiser roll or 2 slices French or Italian bread
1 tsp. salt
Pepper
1 heaping tbsp. paprika
1 tbsp. oil
1 clove garlic, minced

Soak bread in water. Squeeze water out. Crumble bread and combine all ingredients except boiled eggs. Put half of mixture in shape of loaf of bread on oiled baking pan, making small pickets for 2 boiled eggs. Put in eggs and cover all with remainder of meat mixture. Pat tightly into loaf shape. Sprinkle another tbsp. of paprika on top, add about a quarter of a cup of water to pan and bake at 350 degrees F. for 1¼ hrs. Drip fat from pan over occasionally.

Serve sliced, hot or cold. A vegetable fozelek, home fries or rice are delicious side dishes.

Mrs. E. Ewaskiw

SOUPER TUNA LOAF

1-10 oz. can tomato soup
2 cans (about 7 oz. each) tuna, drained and flaked
1 c. small bread cubes
2 eggs, slightly beaten
2 tbsp. chopped parsley
2 tbsp. lemon juice
2 tbsp. water
1 tbsp. prepared horseradish
½ tsp. basil leaves, crushed

(continued)

Mix thoroughly ½ c. soup, tuna, bread cubes, eggs, parsley and lemon juice. Spread evenly in well greased 8x4x3 loaf pan. Bake at 400 degrees F. for 40 min. Loosen edges, unmold. Meanwhile combine remaining soup, water, horseradish, and basil. Heat, stir occasionally and serve with loaf.

Makes 6 servings.

Gloria Nytschyk

CHICKEN PAPRIKA

- 1 tsp. pork fat or lard
- 1 large onion, diced
- 1 heaping tbsp. paprika
- 1 tomato, skinned and cut in sections
- 1 sweet green pepper, cut in pieces
- 1 chicken, cut into serving pieces
- 1 tsp. salt
- Pepper
- 3/4 c. sour cream
- 1 heaping tsp. flour

Heat fat and brown onion. Add paprika, tomato, green pepper and stir - cook a couple of min. over med. heat. Set aside.

Shake chicken, salt, pepper and flour in paper bag. Brown chicken beginning with thick pieces. Add onion mixture and water to half cover. Cook slowly on top of stove 30 to 40 min. from time it begins to simmer. Lengthen cooking time depending on type of chicken. Before serving add sour cream mixed well with 1 heaping tsp. flour. Cook an additional 10 min. Serve with large commercial noodles, or preferably homemade dumplings, and a green salad.

Mrs. E. Ewaskiw

LIVER & ONIONS AU GRATIN

- 1½ lb. liver - your choice
- 1 tbsp. oil
- ½ c. finely chopped onion
- 1 clove garlic, minced
- 1-8 oz. can tomato sauce
- 1 tsp. salt
- 2 tsp. sugar
- ¼ tsp. oregano
- 1 bay leaf
- ½ c. sliced cooked mushrooms
- 1/3 c. Parmesan cheese

(continued)

Cut liver in 1" squares. Saute onion and garlic in oil until tender. Add liver and brown. Add remaining ingredients, cover and simmer at low heat for 20 min.

Dorothy J. Pidsadny

CHICKEN AND RICE

3 or 4 pieces of chicken
1 can mushroom soup
1 can milk (using soup can)
1 pkg. onion soup mix
1 c. water
1 c. rice
1 tbsp. butter
Pinch of paprika

Brown chicken in melted butter with the paprika. Place chicken in a roasting pan, cover the chicken with 1 c. of rice and mushroom and onion soup mix. Place in 350 degree oven for 2 hrs.

Mary Hryhorenko

VEAL AND PORK KABOBS

1 lb. pork butt
1 lb. veal
1 tsp. salt
½ tsp. pepper
1 tsp. M.S.G.
1 clove garlic
1 med. onion, minced

Cut pork and veal into ½ - 1" cubes and marinate in the spices and onion for a few hrs. or overnight. Pork and veal should be in separate bowls. Arrange on skewers alternating meats. 24 wooden skewers, approx.

Coating - 2 eggs, beaten
1 tsp. oil
1 c. bread crumbs
¼ c. flour
½ tsp. salt
Dash of pepper
2 c. oil for frying

Mix together bread crumbs, flour, salt and pepper. Dip the skewered meat in bread crumb mixture then beaten eggs and again into bread crumb mixture, pat firmly. Fry in hot oil on all sides, just to brown. Place in a casserole. If desired, sprinkle on 1 tbsp. chopped onion fried in butter.

(continued)

Add ½ c. chicken broth to bottom of casserole and bake in 300 degree F. oven, covered, for about 1 hr.

Mary Swinarchin

CHICKEN CACCIATORE

¼ c. peanut or vegetable oil
2 lb. chicken pieces
1 c. onion, sliced
½ c. chopped green pepper
1 med. clove garlic
1-16 oz. can Italian plum tomatoes
1 tbsp. chopped parsley
½ tsp. oregano leaves, crushed
3/4 tsp. salt
Generous dash of pepper
¼ lb. mushrooms, sliced
½ tsp. thyme leaves, crushed

Heat oil in large skillet, add chicken pieces and brown well. Remove and set aside - add onion, green pepper, and garlic. Cook until onion is tender. Force tomatoes through a strainer. Add tomato liquid, parsley, oregano, thyme, salt and pepper to skillet.

Cook over low heat 15 min. Stir occasionally. Add chicken, cover and cook over low heat 45 min. Stir occasionally. Add mushrooms. Cook uncovered 15 min. or until sauce is desired consistency.

Stella Storoschuk

SWEET AND SOUR MEATBALLS

Sauce - 1 onion
2 tbsp. oil
½ c. water
¼ c. vinegar
1 c. ketchup
½ c. celery
2 tbsp. sugar
2 tsp. salt
3 tbsp. Worcestershire sauce
1 tsp. mustard,put sauce to boil

(continued)

5 lb. hamburg
2 tbsp. parmesan cheese
2 tsp. salt and pepper
2 eggs
Bread crumbs

Mix hamburg with all the ingredients - make meat balls. Bake in oven for ½ hr. Put hamburg in sauce and simmer for 2 hrs.

Stella Storoschuk

STUFFED PEPPERS

1 lb. beef
1 lb. pork
2 tbsp. rice
1 tsp. salt
1 doz. green peppers
½ tsp. pepper

Clean peppers and stuff with above ingredients. Place in kettle and cook gently for 1 hr. Add a can of tomato soup, cook for another ½ hr.

Stella Storoschuk

STUFFED GREEN PEPPERS

8 sweet green peppers, the light green or yellow variety, not dark green
1½ lb. ground pork or beef and pork combined
3 heaping tbsp. uncooked rice
1 clove garlic, crushed
2 heaping tbsp. paprika
1 tsp. salt
1 egg
Pepper
1-48 oz. can tomato juice
3 tbsp. oil
3 heaping tbsp. flour

Combine meat, rice, egg, garlic, paprika, salt and pepper. Mix thoroughly. Cut top from peppers, remove insides and stuff lightly as rice will expand. If there is meat mixture left over, make into small balls, about an inch and a half in diameter. Place all in simmering tomato juice. Bring back to a simmer and cook for 1 hr.

(continued)

To thicken, heat oil quickly in small pan, add flour and stir quickly until the colour of bread crust. Add about ½ c. of tomato sauce and stir until smooth. Add to the tomato sauce and continue cooking about 10 min. Serves 4.

Mrs. E. Ewaskiw

PIZZA

Dough - ½ c. warm water - add
1 tsp. sugar - add
1 pkg. yeast - let stand then add to

3/4 c. warm water add
2 tbsp. oil - mix and add
4 c. flour and 1 tsp. salt

Knead well. Let rise about 2 hrs. Pat into 2 cookie sheets. Let stand while you prepare the topping. Top with Napolitana sauce - cheese, pepperoni, onion rings, more cheese.

Bake at 425 degrees for ½ to 3/4 hr. or until cheese is bubbly.

Kaye Solomon

CRISP BATTER FOR FRYING FISH

1½ c. flour	1 tbsp. sugar
½ c. cornstarch	2 tbsp. corn oil
4 tsp. baking powder	1 c. milk
1 tsp. salt	½ c. water

Drain thawed fish on paper towels. Mix first 5 ingredients. Add oil, milk and water, beat until well blended, adding an additional 2 tsp. milk if necessary to thin batter.

Fry the fish in deep hot oil at 375 degrees F. for 5 to 10 min. Sufficient batter for 2 lb. fish.

S. Stadnyckyj

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FISH BALLS

1 lb. fish fillets
2 tbsp. chopped onion
2 tbsp. butter
1 c. soft bread crumbs
½ c.milk
1 egg, slightly beaten
Salt and pepper
1 egg, slightly beaten
2 tbsp. water
Bread crumbs
Butter

Fillets of any fresh water fish will make a delicious dish of fish balls.

Grind the fillets, cook the onion in the butter until tender and combine with the ground fish. Add the bread crumbs, soaked in the milk, egg and salt and pepper to taste. Mix thoroughly. Shape the mixture into small balls. Dip in egg diluted with water and then in bread crumbs.

Cook in the hot butter until delicately browned. Garnish with chopped parsley and serve tomato sauce.

Nick Procajlo

SWEET AND SOUR RIBS

6 lb. spareribs
½ c. vinegar
1 c. ketchup
½ c. water
½ c. soy sauce
½ c. honey
2 cloves garlic, minced
½ tsp. seasoned salt

Cut ribs into serving portions. Simmer covered in vinegar and enough water to cover in a large kettle for 1 hr. Drain; while ribs are cooking, combine ketchup, water, soy sauce, honey, garlic and seasoned salt in large sauce pan. Cook over very low heat stirring occasionally for 45 min. or until thick.

Arrange ribs in single layer on grill 6 to 8" from hot coals, grill for 20 to 30 min. basting with the sauce and turning often until ribs are glazed.

Annie Procajlo

MACARONI AND CHEESE

2 c. macaroni	2 tbsp. butter
4 tsp. butter	1 tbsp. flour
3/4 c. soft bread crumbs	¼ tbsp. dry mustard
4 tsp. minced onion	3/4 tbsp. salt

Cook macaroni, drain. In a double boiler melt 4 tsp. butter. Toss well with bread crumbs. Set aside on waxed paper. In same double boiler combine onions and next 5 ingredients. Stir in milk then cook, stirring often until smooth. Add 1½ c. cheese. Stir until melted.

In a 1½ qt. casserole place ½ macaroni and cover with a layer of sliced fresh tomatoes, then the rest of the macaroni. Pour on cheese sauce. Sprinkle with cheese and buttered crumbs. Bake in a 400 degree F. oven for 20 min.

Mrs. Ann Procajlo

WAIKIKI MEATBALLS

1½ lb. ground beef	
2/3 c. cracker crumbs or bread crumbs	
1/3 c. minced onion	
1 egg	1 tsp. salt
¼ c. milk	¼ tsp. ginger

Mix together and form meatballs. Fry in frying pan or do them in oven.

Sauce - mix - 2 tbsp. cornstarch
½ c. brown sugar
Juice from 19 oz. can pineapple bits
1/3 c. vinegar
1 tbsp. soya sauce

Heat in pan - cook 1 min. until thick and add other ingredients, drained 19 oz. can pineapple bits, 1/3 c. chopped green pepper and/or celery. Pour over meatballs in casserole dish. Warm in oven. Serve over rice if desired.

Agnes Okrainetz

CABBAGE ROLLS

1 cabbage, steam and loosen leaves, trim

Filling - 1 lb. ground beef
1 lb. ground pork
2 c.minute rice - not cooked
1 can tomato soup for topping
Salt and pepper
Garlic powder
1 cube bouillon (Knorr)

Mix meat, rice, salt, pepper, garlic powder and bouillon in a bowl. Add 1 to 2 c. boiling water to make a wet but not running mixture. Roll in the leaves. Place in a Dutch oven or roaster.

Mix tomato soup with one can of water and pour over the top and bake about 2 hrs. If you prefer to cook on top of stove, in a Dutch oven, bring to a boil then reduce heat and simmer for about 1 hr.

Kaye Solomon

CHICKEN CHOW MEIN

5 chicken breasts
2 stalks celery
1 large onion
Handful green peas
2 tbsp. soy sauce
3 tbsp. cooking oil
1 pkg. blanched almonds
1 can mushrooms - stems and pieces
¼ tsp. marjoram
3 c. chicken stock
Pinch of garlic powder
Salt and pepper

Cut chicken away from bone - use bones to make up stock. Cut up chicken, fry in pan, covered, with 3 tbsp. oil, and salt and pepper for 20 min. Add onion, celery (sliced on angle), pepper (green) until crisp - not soft. Add mushrooms, simmer for a few min. Add chicken stock, soya sauce and seasonings. Cook for a while longer. You may take out onion, celery and green pepper when it is still crisp. Add into chicken stock and thicken with cornstarch to desired consistency. Sprinkle toasted almonds on top. Serve with rice.

Olga Stasuik

HONEY AND GARLIC CHICKEN

½ jar honey
Water
1 tsp. soya sauce
Garlic powder
Chicken - breasts or thighs

Fry chicken thighs or breasts in oil until golden brown and slightly cooked. To make honey and garlic sauce add enough water to honey to make it a sauce consistency. Add soya sauce and garlic powder to taste. Pour sauce over chicken in a casserole or large cooking pot. Cook in 350 degree F. oven for approx. 45 min. or until tender.

Mary J. Procajlo

BEEF STROGANOFF

¼ c. shortening
1½ c. sliced mushrooms
1½ c. sliced onions
1½ lb. round steak sliced ¼" thick
2 tbsp. flour
3 med. tomatoes, peeled
1½ tsp. salt
½ tsp. pepper
¼ tsp. Worcestershire sauce
½ c. sour cream

Saute onions in shortening for 10 min. Add mushrooms, cover and continue cooking 5 min. more. Remove onions and mushrooms. Cut meat in 1" strips, brown slowly and sprinkle with flour. Stir until well blended. Cut tomatoes into bite-size pieces, add to meat along with salt, pepper and Worcestershire sauce. Cover and simmer slowly for 1 hr., stirring occasionally. Add mushrooms and onions and sour cream, simmer for ½ hr. or until meat is tender. Serve with cooked noodles or rice.

Yields 5 to 6 servings. Canned mushrooms, drained may be used.

Elsie MacLeod

QUICHE

6 slices bacon, quartered
10" pie shell - bake slightly at 400 degrees then turn down to 350
1 c. grated natural Swiss cheese
4 eggs
1-3/4 c. light cream
1 tbsp. flour
½ tsp. salt
1/8 tsp. nutmeg
Pepper, few grains

Preheat oven to 375 degrees. Saute bacon until crisp. Drain on paper towel. In bottom of pie shell, sprinkle bacon and then cheese. In med. bowl, beat eggs with cream, salt, nutmeg and pepper. Pour into pie shell. Bake 30-40 min. or until golden and a sharp knife inserted near the centre comes out clean.

Anna Ozimok

SWEET AND SOUR CHICKEN

Chicken parts
½ green pepper, coarsely chopped
2 tbsp. cooking oil
½ c. vinegar
6 tbsp. brown sugar
1 tbsp. soy sauce
3/4 c. ketchup
1-19 oz. can pineapple cubes
1 tbsp. cornstarch

Fry chicken parts until browned. Set aside while preparing sauce. Saute green pepper in oil until almost tender but still bright green. Add vinegar, sugar, soy sauce, ketchup, and juice from pineapple - about 1 c. Bring to boil. Combine cornstarch with 2 tbsp. cold water and stir into hot mixture. Cook and stir until mixture is thick and transparent. Add pineapple cubes. Pour sauce over chicken and simmer in oven for 2 hrs. at 325 degrees F.

Mrs. Winnie Fink

SAUERKRAUT & UKRAINIAN SAUSAGE

1 ring Ukrainian sausage
1 qt. sauerkraut
¼ c. chopped onion
1 tbsp.oil

Fry onions until light brown in oil, add sauerkraut and mix well. Place in a roasting pan the sauerkraut and sausage. Bake for ½ hr. in 350 degree F. oven.

Mrs. A. Procajlo

SWEDISH MEAT BALLS

1 egg
½ c. soft bread crumbs
½ lb. ground pork
¼ tsp. nutmeg
1 small onion, finely chopped
2 tbsp. oil or butter
½ c. light cream
1 lb. ground beef
¼ tsp. allspice
¼ tsp. pepper
1 tsp. salt
1 tsp. sugar

1 can cream of mushroom soup

In a large bowl, beat egg, add cream and crumbs, let stand 5 min. Add meat, onion and seasonings. Mix thoroughly with hands; form small balls about ½". Roll in flour, cook balls in heated oil or butter. Mix soup with equal amount of water and heat through. Put meatballs in 1½ qt. casserole, pour soup over them.

Place in 350 degree oven for about 30 min. or until it is bubbling well.

Mrs. A. Procajlo

CORNISH HENS SUPREME

2 Cornish game hens (22 oz. each) thawed
½ tsp. salt
½ tsp. garlic salt
1/8 tsp. pepper
3 tbsp. butter
1 med. sized onion, chopped
½ lb. fresh mushrooms, sliced
½ c. dry white wine or chicken broth

(continued)

2 med. sized tomatoes, peeled, seeded and diced
1/3 c. sour cream or unflavoured yogurt
1 tbsp. flour

Cut hens in halves, lengthwise. Sprinkle lightly with salt, garlic salt and pepper. Place in baking dish and bake at 400 degrees for 40 min.

Meanwhile, melt butter in fry pan. Add onions and mushrooms. Cook, stirring for about 5 min. Remove from heat and stir in wine and tomatoes. Pour over hens after they have roasted 40 min. Reduce oven to 350 and continue roasting uncovered for 15 min. or until tender.

Remove from oven, blend sour cream or yogurt with pan juices and cook to thicken with flour. Serve with hens.

Lora Bradley

BARBECUED PORK CHOPS

6-8 pork chops

Barbecue sauce - 4 tbsp. onion
2 tbsp. Worcestershire sauce
1 c. ketchup
1 tsp. paprika — 1 tsp. chili powder
Dash of cloves — ¼ tsp. cinnamon
1 tsp. salt — ½ tsp. pepper
3/4 c. water — ½ c. brown sugar

Fry pork chops until golden brown. Place in shallow baking dish. Heat sauce until boiling, then pour over the browned pork chops. Bake at 350 degrees for 45 min. Can be used with chicken as well.

Mrs. A. Procajlo

CHICKEN MORNAY
(serves 5)

2 c. cooked cut up chicken
1-10 oz. pkg. frozen French style green beans
¼ c. butter
5 tbsp. flour
½ c. heavy cream
2 chicken bouillon cubes dissolved in 1 c. water
½ c. dry white wine
¼ tsp. salt
Dash of pepper
½ tsp. Worcestershire sauce
1-10 oz. can drained mushrooms
¼ c. toasted slivered almonds
1/3 c. grated parmesan cheese

Cook beans in salted water until crisp (not completely cooked). Drain. Butter 1½ qt. casserole dish. Spread beans on bottom. Spread chicken and almonds over beans. Preheat oven to 375 degrees F.

Melt butter in sauce pan. Blend in flour, gradually stir in chicken broth and cream. Cook over med. heat, stirring constantly until smoothly thickened. Stir in wine, salt, pepper, Worcestershire sauce and mushrooms. Pour sauce over mixture in casserole dish. Sprinkle with parmesan and bake until heated through - about 20-25 min.

Eleanor Smook

SWEET AND SOUR SPARERIBS

¼ c. water
3/4 c. cider vinegar
4 tbsp. white sugar
1 tbsp. Worcestershire sauce
1 tsp. dry mustard
1 tsp. paprika
1 tsp. salt
½ c. ketchup

Mix above and simmer for 15 min. Pour over browned ribs and bake 2 hrs.

Mrs. Winnie Fink

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MACARONI & CHEESE CASSEROLE

1 tbsp. butter or margarine
½ c. chopped onion
1½ c. uncooked elbow macaroni
1 c. finely cubed cheddar cheese
1-19 oz. can tomatoes
1 c. water
1 tsp. salt
¼ tsp. pepper

Heat butter (margarine) in fry pan, saute onions until transparent. Transfer to a 2 qt. casserole. Add the rest of the ingredients, and stir well.

Bake at 350 degrees F. for about 65 min. Top with grated or sliced cheese and broil to melt.

Mrs. Dianne Fink

PEPPER STEAK

1 lb. thick round steak
2 tbsp. shortening
1/3 c. chopped onion
1 tsp. salt
1/8 tsp. garlic salt or powder
1 beef bouillon cube
1 #2 can tomatoes
1 large green pepper, sliced in rings
2 tbsp. cornstarch
¼ tbsp. soya sauce
1 c. hot water

Slice steak into ½" pieces. Brown in butter or shortening. Add onion, seasoning and bouillon cube dissolved in hot water. Cover and simmer 25 min. Add tomatoes and green pepper rings. Cook 15 min. longer. Combine cornstarch and cold water and add to meat mixture. Stir until thick. Great with mashed potatoes - devoured with praise by 4 hungry people!

Gloria Nytschyk

BEET HOLOBTSI

Make a batch of bread dough. Pick fresh beet leaves, wash them - blot with paper towels. Spread them in the sun to wilt. When your dough has risen cut a piece and roll in the beet leaf. Put in roaster. Do not put them too tight. Let rise, then you melt 3/4 c. shortening and pour over holobtsi.

(continued)

Put to bake in 350 degree oven for ½ to 3/4 hr. Cool. When you feel like having some, heat cream in pan and put in holobtsi and let boil, then they are ready to eat. You can also fry onion and fill in butter and cream.

Elizabeth Ewanic

STIR-FRY BEEF

1½ lb. round or sirloin steak
¼ c. oil
1 small onion, sliced in rings
1½ c. celery, sliced diagonally
3/4 c. thinly sliced carrots
1 tbsp. cornstarch
¼ c. soy sauce
1-8 oz. can tomato sauce
1 tsp. sugar
¼ tsp. ginger
1 small green pepper, cut into thin strips
1 can sliced mushrooms

Cut beef into thin 2" strips. In electric skillet sear beef in oil at high heat. Add onion, celery and carrots. Stir-fry until crisp-tender. Blend cornstarch, soy sauce, and tomato sauce and add to beef and vegetables. Add spices, pepper and mushrooms to stir-fry 3 min. or until sauce thickens. Serve over bed of rice.

Dorothy J. Pidsadny

MEATBALL STROGANOFF

1 lb. ground beef
½ onion, med.
1 whole egg
1/3 c. bread crumbs
½ tsp. salt
1 can cream of mushroom soup
1/3 c. water
½ c. sour cream
3 c. wide noodles

Mix first 5 ingredients and form into meatballs. Brown the meatballs in a pan. Add the cream of mushroom soup and water. Cover and simmer slowly until meatballs are cooked. Blend in sour cream, heat and serve immediately.

S.Stadnyckyj

PORK CHOPS WITH A TOUCH OF CITRUS

4 lean pork chops 3/4 to 1" thick
4 tbsp. lemon or orange marmalade
½ tsp. ground ginger
½ lemon, sliced thin
2 tbsp. soy sauce 2 tbsp. water

Place chops in shallow baking dish. Top each with 1 tbsp. marmalade, some of the ginger and lemon slices. Add soy sauce and water to dish.

Bake uncovered in 350 degree oven 40 to 45 min. or until tender, basting occasionally with pan drippings. (if pan drippings cook away, add more water to prevent sticking). Makes 4 servings.

Rose Kaluzny

CHICKEN WINGS CASSEROLE

2 lb. chicken wings - 8-10

Sauce - 2/3 c. orange juice
1/3 c. ketchup
1 tbsp. brown sugar
1 tsp. soya sauce
Shake of ginger
Garlic salt to taste

Increase amount of sauce according to number of wings used.

Snip off wing tips. Roll wings in seasoned flour and brown in fat in the frying pan 10-15 min. on each side. Remove from pan and put wings in covered baking dish.

Mix together all sauce ingredients and pour into frying pan. (do not wash frying pan after removing wings). Stir sauce together with any remains from browning wings and bring to boil. Pour sauce over wings and bake in 350 degree oven for 1 hr. covered. Serve with rice.

Shirley Filipowich

CHICKEN DIVAN

2 bunches fresh broccoli
2 c. sliced cooked chicken or chicken breasts
1-10 oz. can cream of chicken soup
1-10 oz. can cream of mushroom soup
1 tsp. lemon juice
½ tsp. curry powder
½ c. shredded process cheese
½ c. bread crumbs
1 tbsp.melted butter or margarine

Cook broccoli until tender, arrange in greased shallow baking dish. Arrange cooked chicken over broccoli. Combine soups, lemon juice and curry powder and pour over chicken. Sprinkle cheese over top.

Combine bread crumbs with melted butter and sprinkle over top. Bake 30 min. at 350 degrees F.

Dorothy J. Pidsadny

FISH FILLETS

1 pkg. Boston Blue fish fillets

Wash and dry and take out any bones. Cut into pieces. Dip in egg which has been beaten with a bit of milk. Dip in cracker crumbs. Fry in oil until golden brown on both sides.

Egg cracker omelet to serve with fish -

egg beaten with a bit of milk
Salt and pepper

Add cracker crumbs, mix. Drop by spoonful. Fry in the pan which the fish was fried in. This takes only a min. or two, to golden brown on both sides.

BREADED CHICKEN

Wash chicken pieces, drain and dry. Dip the pieces in a mixture of egg beaten with a bit of milk. Dip in cracker crumbs which have been seasoned with salt, pepper, garlic powder (if preferred). Place on a cookie sheet with skin side up. Drizzle with a bit of melted margarine. Bake in 375 degree oven for 1 to 1½ hrs.

These are now ready to serve or freeze, then can be reheated.

Kaye Solomon

ROAST PORK WITH GRAPEFRUIT

5 to 6 lb. roast pork
Clove of garlic
1 tsp. dry mustard
1 tsp. marjoram
1 tsp. salt
½ c. grapefruit juice
2 tbsp. brown sugar

Put roast, bone side down in a shallow pan. Cut slits in several places, and insert slivers of garlic. Combine dry mustard, marjoram and salt and rub all over meat.

Roast 2½ hrs.

Drain fat from the pan. Score the fat on the roast. Combine grapefruit juice, sugar, pour over the meat and continue basting often and roast until done - about 1 hr.

Put roast on a platter. Make gravy.

Kaye Solomon

BARBECUED CHICKEN

1 chicken - or pieces
½ lemon
Salt and pepper to taste
1-3 cloves garlic
2-4 tbsp. butter or margarine
1-2 c. chicken stock

Barbecue baster - 2 tbsp. oil
1 chopped onion
3/4 c. ketchup
4 tbsp. vinegar
2 tbsp. butter or margarine

(continued)

Prepare bird and rub cut lemon over skin. Sprinkle meat with salt and pepper and spread shortening over meat. Put chicken meat in pan and add garlic cloves and chicken stock. Place in oven at 325 degrees F. and prepare sauce -

SAUCE - heat oil in pan, add onion and cook 5 min. Add remaining ingredients - bring to boil. Lower heat and let simmer 5 min. Add to roasting pan, turning meat over once or twice. Roast 25-30 min. per lb. or until fork tender.

Irene Jean Marshall

BEEF STROGANOFF

1 lb. sirloin steak
1 tbsp. oil
1 med. onion, chopped
½ lb. mushrooms or 1 can mushrooms
1 can cream of mushroom soup
½ c. sour cream or plain yogurt
1 tbsp. Worcestershire sauce
Noodles/rice

Slice steak into thin strips and fry quickly in oil until browned. Add onion and mushrooms and cook until tender. Add soup, sour cream/yogurt and Worcestershire sauce. Heat until just boiling. Serve over noodles or rice.

Mrs. Dianne Fink

SPAGHETTI SAUCE

1 lb. ground beef
1 tbsp. oil
1 clove garlic,crushed
1 med. onion
1 med. green pepper
1-28 oz. can tomatoes or Bravo spaghetti sauce
1-7 oz. can tomato paste
1 c. celery, chopped
½ tsp. oregano
¼ tsp. red pepper
½ tsp. sweet basil
½ tsp. sugar
½ tsp. salt
½ c. water
1 can mushrooms

Fry ground beef in oil until browned. Add garlic, onion, green pepper and fry until tender. Add tomatoes and tomato paste, water, celery, spices, mushrooms and water. Simmer for 2 hrs. stirring occasionally.

Mrs. Dianne Fink

CHINESE BEEF

1 lb. sirloin steak
1 med. onion, chopped
1 med. green pepper, chopped
1 can mushrooms or ½ lb. fresh mushrooms
Cornstarch
3 tbsp. soya sauce
Rice

Slice beef in thin strips, stir-fry quickly in small amount of hot oil until browned. Add onion, green pepper, mushrooms and cook until tender. Make gravy with cornstarch. Add soya sauce to taste. Serve over rice.

Mrs. Dianne Fink

CHINESE FRIED RICE

¼ c. vegetable oil
3 c. boiled rice
4 minced scallions
3/4 tsp. salt
Pork, ham or shrimp - opt.
3 eggs
1½ tsp. soy sauce

Cook rice one day in advance. Heat oil in a heavy skillet. Toss in the boiled rice. Add scallions, salt and meat. Hollow a centre in rice. Break in eggs and scramble until semi-cooked. Stir. Add soy sauce. Mix.

Mary J. Procajlo

CHICKEN KIEV

2 to 3 large chicken breasts
Butter
Salt and pepper
Seasoned flour
1 egg, slightly beaten
2 tbsp. butter
Fine bread crumbs

Remove meat carefully from bone and split into 2 equal fillets. Pound fillets very flat and thin. Shape butter into ½x2" rolls, allowing one roll to one fillet. Freeze rolls until very hard. Sprinkle fillets with salt and pepper. Take one roll and place on fillet. Fold in ends well and roll. Skewer the opening with a wooden pick.

(continued)

Coat rolls with flour. Dip in beaten egg, diluted with water and then in bread crumbs. Brown quickly in plenty of hot butter. Drain and place in hot oven for about 5 min. Remove picks and serve immediately. Mushroom sauce is usually served with these rolls.

Mrs. Annie Procajlo

VEAL CORDON BLEU

Pound veal cutlet until very thin. Cut in even pieces and put together like a sandwich with a thin slice of ham and a slice of cheese as the filling. Dip in egg, beaten slightly with a tbsp. of water then in grated cheese. Let stand 20 min. Saute slowly in a mixture of half olive oil and half butter until brown.

Mary Procajlo

SPAGHETTI & MEAT BALLS

Mix - 1 lb. finely chopped beef
1 c. buttered bread crumbs
2 tbsp. finely cut parsley
1 tbsp. chopped onion or 1 tsp. dried onion flakes

Season to taste with salt and pepper. Shape in 1" balls and brown well in butter. Prepare omitting the meat, 2 c. Italian tomato sauce - add the meat balls. Heat. Serve with spaghetti using an 8 oz. pkg. to serve 4 to 6.

SIX LAYER DINNER

2 c. finely chopped or shredded carrots
1 green pepper, seeded and chopped
Salt and pepper to taste
2 c. sliced raw potatoes
½ c. brown raw rice
1 c. sliced onions
1½ lb. ground beef, round
1 qt. tomato juice

Preheat oven to 325 degrees, combine carrots and green pepper. Seasoning each layer with salt and pepper, place the potatoes in the bottom of a well buttered casserole, sprinkle with the rice and then cover in layers with the onions, beef, carrots and green pepper.

(continued)

Pour the tomato juice over all. Cover tightly and bake 2½ hrs. Yields 6-8 servings.

Olga Peniuk

RATATOUILLE

1 med. size eggplant, peeled and sliced
Salt
1/3 c. olive oil
3 cloves garlic, finely chopped
1 med. size onion, finely chopped
3 zucchini, washed and sliced
2 tbsp. flour
2 green peppers, seeded and sliced
4 tomatoes, skinned and chopped
1/3 c. sliced pitted black olives

Sprinkle the eggplant slices with salt and set aside. Heat the oil in a skillet and saute the garlic and onion in it until tender but not brown. Toss the zucchini with one tbsp. of the flour and add to the skillet.

Rinse the eggplant slices, pat dry and dust with remaining flour, add to the skillet. Cook over med. heat 5 min. Cover and cook 45 min. Add the green pepper and tomatoes and cook uncovered, until all vegetables are tender, and excess liquid has evaporated. Serve warm or cold, garnished with olives. 6 servings.

Olga Peniuk

HAMBURGER STEW

1½ lb. hamburg
2 med. onions
2 tbsp. butter
2 c. water
Salt to taste
1 clove garlic
2 carrots
2 stalks celery
2 potatoes
2 tbsp. tomato paste
Mushrooms if desired

Chop onions, start browning in butter - add meat. Stir until red disappears. Add water, simmer for ½ hr. Add chopped celery. Cook another 10 min. Add cubed carrots and potatoes. Cook until potatoes are tender. Add crushed garlic and tomato paste. Simmer another 10 min. Set aside for 15 min. Serve.

(on (continued)

Portion could be put in containers when cool and frozen for use within 6 weeks.

Anna Batrynchuk

VEAL & PORK KABOBS

1 lb. lean pork butt - all fat trimmed
24 wooden skewers - approx.
1 tsp. salt
½ tsp. pepper
1 tsp. M.S.G.
2 beaten eggs and 1 tsp. oil
1 c. bread crumbs - fine
¼ c. flour
½ tsp. salt
Dash of pepper
2 c. oil for frying

Cut the pork and veal separately in ½" cubes and marinate for a few hrs. or overnight. Marinate pork and veal in separate bowls. Arrange on wooden skewers alternating pork and veal.

Dip the meat on skewers in beaten egg (mix together bread crumbs, flour, salt and pepper) then in bread crumb mixture and pat firmly. Fry in hot oil on all sides, place in a casserole, if desired, sprinkle a tbsp. of chopped onion fried in a bit of butter. Add about ½ c. chicken broth in bottom of casserole and bake in 300 degree oven, covered, for about 1 hr.

Mrs. Jean Dybacz

MOCK CHOP SUEY

1½ lb. hamburger
2 tbsp. butter
1 c. chopped celery
1 med. onion, finely chopped
1 can creamed chicken soup
1 can creamed mushroom soup
1½ c. water
½ c. rice, uncooked
1 c. mushrooms
2 tbsp. soya sauce
1 tsp. salt
1 can chow mein noodles

Saute meat in butter 5 min. stirring frequently. Mix with remaining ingredients except noodles. Bake in covered dish at 350 degrees for an hr. Top with noodles for last 10 min. dish uncovered.

Mrs. Rose Kaluzny
52 - Hamilton, Ont.

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BARBECUED SPARERIBS

4 lb. spareribs
2 onions, sliced
Salt and pepper to taste

Sauce -

3/4 c. tomato ketchup
3/4 c. water
2 tbsp. vinegar
2 tbsp. Worcestershire sauce
1 tbsp. salt
Dash of cayenne
1 tsp. paprika
½ tsp. black pepper
1 tsp. chili powder

Place spareribs in roaster and add sliced onions. Sprinkle with salt and pepper. Pour the sauce over mixture. Cover pan and cook in moderate 350 degree oven for 1½ hrs. Remove cover and roast 20 min. longer.

Serve with cooked rice for 6.

Sauce - combine ingredients - baste meat while broiling or use for braising. Makes 1-3/4 c. of sauce.

Olga Laliberte

CHILI CON CARNE

2 lb. ground beef
¼ c. chicken fat - or oil
1 large onion, chopped
4 cloves garlic
1 tbsp. salt
1 tbsp. flour
1 tsp. cumin
¼ c. chili powder
1 tbsp. oregano
2 bay leaves, crushed
1 large can tomatoes
1 can ripe olives, opt.
1 can mushrooms
1 large can red kidney beans

Saute meat and onion 5 min. in hot fat in large skillet. Mince garlic very fine, mix salt and next 5 ingredients. Rub tomatoes through sieve. Add all to meat. Simmer 2 hrs. Add olives, beans, heat.

Olga Peniuk

RICE CASSEROLE

1 c. long grain rice
2 c. water
1½ c. V-8 juice or stewed tomatoes
1 med. onion
1 tbsp. butter ½ tsp. salt

Wash rice, add to water and salt. Simmer until water is absorbed. Add juice or tomatoes. Fry onion in butter until it starts browning. Mix into mixture - put in casserole. Bake 30 min. in a moderate oven. (one could add fine shrimp before baking).

A. Batrynchuk

BEEF AND GREEN BEANS

1 large onion, slivered
1 small clove garlic, minced
1 tbsp. fat
3/4 lb. beef
3 c. water
3 tbsp. soya sauce
1 lb. green beans, diced
2½ tbsp. cornstarch
Hot cooked rice

Brown onion and garlic, lightly in fat in heavy sauce pan. Add meat and cook 3 min. stirring to break meat. Add water and soya sauce and heat to boiling. Add beans and cook 10 min. Blend cornstarch with a little cold water. Add to mixture and cook until thickened stirring constantly. Serve with hot rice. Serves 4.

Mrs. Mary Spilchuk
Stoney Creek,Ont.

STEAK 'N' VEGETABLES

3 lb. round steak ½" thick
1½ tsp. Accent
1 pkg. dehydrated onion soup mix
½ c. water
8 small new potatoes, sliced
8 rings green pepper ¼" thick
8 slices Spanish onion
½ lb. fresh mushrooms
¼ c. melted butter
8 sq. heavy duty foil

Cut the meat into 8 serving pieces. Sprinkle both sides with Accent and prick well with a fork. Refrigerate overnight or cover with wax paper and leave at room temp. for 1 hr.

(continued)

Place a serving of meat in the centre of a square of heavy foil and cup the edges. Mix soup and water together and spread a tbsp. of mixture over meat. Add a few slices of new potatoes, a green pepper ring, onion slice and 3 or 4 mushrooms. Sprinkle with a little butter. Bring edges up and fold together folding ends to make an air-tight seal.

Bake on grill for 50 min. to 1 hr. turning several times.

Mrs. Liz Osadec
St. Catharines, Ont.

BAKED LIVER AND ONIONS

(for those who don't enjoy liver)

- 6 slices beef liver
- 2 large onions
- ½ c. butter
- ½ c. dry red wine
- ½ c. flour
- 1 bay leaf
- 1 tsp. thyme
- ¼ c. chopped parsley
- 1 tsp. salt
- Freshly ground pepper

Cut peeled onions into ½" thick slices. Arrange in a greased baking dish. Dot with butter. Pour wine and ½ c. water over onions. Add bay leaf, thyme, parsley, salt and pepper. Cover and bake in moderate 350 degree F. oven for 30 min.

Dredge liver with flour. Place on top of baked onion slices. Cover and cook 30 min. basting two or 3 times. Remove cover and continue cooking 10-15 min. Serves 6.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

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LASAGNE

Mix in a large kettle -

1 large can tomato puree
2 cans tomato paste
2 c. water
1 tsp. oregano
1 tsp. sugar
1 tsp. salt
¼ tsp. ground pepper

Simmer the mixture while you saute in a skillet,

2 tbsp. olive oil
1 c. minced onion
1 clove garlic, crushed

When the onion is golden, add -

1½ lb. ground beef and 1 tsp. salt

Cook until the meat has lost its red colour and add to kettle mixture. Simmer for about 2 hrs. or until sauce is thick. Cook as directed on the pkg. 1 lb. lasagne noodles. Drain thoroughly, rinse and separate the noodles, spreading them on a towel to dry. Cut 1 lb. mozzarella into thin slices.

Have ready - 1 lb. ricotta cheese and 4 oz. freshly grated Romano cheese.

Spoon some of the sauce into two 8" sq. pans or one large casserole. Put in a layer of noodles, then a layer of mozzarella and a layer of ricotta. Put another layer of noodles, crosswise, then more sauce, layer of noodles, mozzarella and ricotta. Top with a last layer of noodles and the rest of the sauce. Sprinkle generously with romano cheese. Bake at 375 degrees for 30 mins.

Lois Edwards

BEEF STROGANOFF

1 lb. round or flank steak
3 tbsp. flour
2 tbsp. oil

(continued)

Cut meat into thin slices (meat is easier to slice if slightly frozen). Shake with flour and brown in oil. Add 1 large onion, saute until soft. Add 1 can mushrooms plus liquid, 2 tbsp. chili sauce or ketchup, 1 tsp. salt and ¼ tsp. pepper.

Simmer 1 hr. in a covered pan or until meat is tender. Just before serving, remove about ½ c. of meat mixture and place in a small bowl. Add 1 c. sour cream. Stir all together and add to the rest of the mixture.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

ROLADY

6 thin slices of round steak - about 4x6
6 slices bacon
1 large onion
3 small dill pickles
1 tsp. salt - more or less
A little pepper
4 tsp. mustard - prepared
2 tbsp. flour
Shortening or margarine for browning meat
1 tbsp. cornstarch

Salt and pepper the steak on both sides, spread some mustard on one side only, sprinkle a little flour then lay a slice of bacon on top, half of a pickle and a slice or two of onion.

Roll the meat and tie it with a thread. In skillet heat the shortening and brown the meat well. Add 2 c. of water and simmer for about 1 hr. Put the cornstarch in ¼ c. cold water - mix it well and pour it in the meat. Bring to a boil, simmer for 1 min. Ready to serve on dumplings or mashed potatoes. Makes 6 servings. (or serve on noodles).

Mrs. S. Kriz

BEEF PARMIGIANA

1½ - 2 lb. beef round steak
3 tbsp. flour
½ tsp. salt
1/8 tsp. pepper
1 egg, slightly beaten
1 tbsp. water
½ c. fine dry bread crumbs
¼ c. grated parmesan cheese
½ tsp. basil leaves
3 tbsp. cooking oil
2-15 oz. can tomato sauce
1 clove garlic, crushed
1 tbsp. sugar
½ tsp. oregano
Thinly sliced mozzarella cheese

Cut steak in serving size pieces. Mix flour, salt, and pepper. Dredge meat in seasoned flour and pound. Combine bread crumbs, parmesan cheese and basil leaves. Dip meat pieces in egg and water mixture, coating evenly. Brown meat in oil. Place in baking dish (9x13½x2). Combine tomato sauce, garlic, sugar and oregano. Pour over meat.

With tight foil cover and cook at 350 degrees for 1 hr. 10 min. or until tender. Place slice of mozzarella on each piece of meat. Bake 3-5 min. until cheese melts. Serves 6 people.

Myrna Schlosser

GLAZED MEATBALLS

20 oz. can pineapple tidbits
1½ tbsp. cornstarch
¼ c. brown sugar
1/8 tsp. salt
2 tbsp. water
¼ c. vinegar
2 tsp. soya sauce
1/8 tsp. Worcestershire sauce
1 lb. ground beef
¼ lb. ground veal
¼ lb. ground pork or instead of 3 ingredients, all beef)
½ tsp. salt
1/8 tsp. pepper
3 tbsp. bread crumbs
1 egg
2 tbsp. water
2 tbsp. salad oil

Combine cornstarch, sugar and 1/8 tsp. salt. Stir in juice of pineapple, 2 tbsp. water. vinegar, soya sauce and Worcestershire sauce. Cook until thickened and smooth. Mix meatball mixture and form into 1½" balls and brown in oil, drain off fat. Add sauce and pineapple tidbits, cook 10 min. Serve with rice.

Elizabeth Pudlo

OVEN BARBECUED SPARERIBS

1 - 5½ oz. can tomato paste
1 c. water
¼ c. salad oil
½ c. bottled steak sauce
1/3 c. lemon juice
1/3 c. brown sugar
¼ c. minced onion
1 clove garlic, minced
2 to 2½ lb. spareribs

In sauce pan combine all ingredients except spareribs, simmer 15 min. Cut spareribs into pieces.

Bake at 350 degrees F. for 45 min. Drain fat. Spoon on barbecue sauce and bake 30 min. longer, basting occasionally.

Mrs. C. Kelly

CHICKEN IN WHITE WINE

4 tsp. salt
1 tsp.pepper
2 or 3 lb. chicken
1/3 c. butter
2 cloves
12 small white onions
1 bay leaf
1¼ c. wine
12 mushroom caps
3 carrots, peeled and sliced
1 clove garlic, minced
½ tsp. margarine
¼ tsp. thyme
4 sprigs parsley
2 tbsp. hot water
1 chicken bouillon cube
1½ c. sour cream

Combine 3 tsp. salt with 1 tsp. pepper, rub this into chicken. Melt 1/3 c. butter and brown chicken in it. Place cloves in the onion and add it to the chicken along with the rest of the onions, mushrooms, carrots, garlic, margarine, thyme, parsley, bay leaf and wine.

Cover and bake at 375 degrees for 1 hr. Remove from oven and place over low direct heat. Dissolve bouillon cube in hot water; add to chicken. Add sour cream, mix lightly. Pour ¼ c. more wine over chicken.

Mary Hryhorenko

GROUND BEEF CASSEROLE

1 lb. ground beef
1 large onion, diced
2 tbsp. shortening,melted
2-3 potatoes, sliced
1 c. chopped celery
½ c. chopped green peppers
1½ c. canned tomatoes
Salt and pepper to taste
Pinch of cayenne
¼ tsp. garlic salt

Saute ground beef and onion in shortening until onion is soft and all trace of pinkness disappears from meat. Cover bottom of 2 qt. casserole with meat and onions, add layer of potatoes, celery and green pepper. Repeat layers, add seasonings and pour canned tomatoes over. Cook, covered, 45-60 min. or until potatoes are done. Serves 4.

Patricia Ozimok

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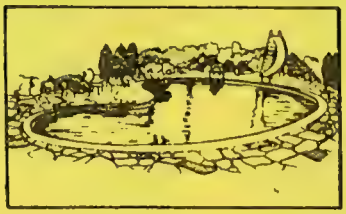

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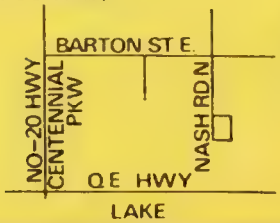

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Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370

COOKIES		
Drop	10 - 15	350 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter — To 1 cup liquid use 1 cup flour.
Drop Batter — To 1 cup liquid use 2 - 2½ cups flour.
Soft Dough — To 1 cup liquid use 3 - 3½ cups flour.
Stiff Dough — To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits	— To 1 cup flour use 1¼ teaspoons Baking Powder
Muffins	— To 1 cup flour use 1½ teaspoons Baking Powder
Popovers	— To 1 cup flour use 1¼ teaspoons Baking Powder
Waffles	— To 1 cup flour use 1¼ teaspoons Baking Powder
Cake with fat	— To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

BREADS, ROLLS & COOKIES

ZUCCHINI BREAD

2 c. white sugar
1 c. oil
3 eggs
2 c. shredded zucchini (do not peel)
1 tsp. vanilla
¼ tsp. baking powder
1 tsp. soda
½ tsp. cinnamon
½ tsp. cloves
½ tsp. ginger
3 c. flour
1 c. chopped nuts, raisins or dates if preferred

In one large mixing bowl, mix oil, eggs, sugar and vanilla. In 2nd bowl mix baking powder, soda, cinnamon, cloves, ginger and flour. Mix with oil, sugar and eggs. Add shredded zucchini and chopped nuts, raisins or dates. Pour into two small loaf pans. Recipe makes 2 small loaves. Bake at 325-350 degrees for 1 hr.

Mrs. Marina Trutwin

LEMON BREAD

6 tbsp. margarine
1 c. granulated sugar
2 eggs
1½ c. flour
1½ tsp. baking powder
¼ tsp. salt
½ c. milk
Grated rind of 1 lemon

Mix and bake at 350 degrees F. for 1 hr. in a 5x7 loaf pan.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

PUMPKIN BREAD

3½ c. all purpose flour
2 tsp. baking soda
2 tsp. cinnamon
1½ tsp. salt
3 c.granulated sugar
1 c. oil
4 eggs, beaten
2 c. pumpkin, 14 oz. can
1/3 c. water
1½ c. chopped dates

Bake in 2 loaf pans at 350 degrees F. for 1 hr. and 20 min.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

BUTTERSCOTCH NUT BREAD

2 tbsp. sesame seed
2 tbsp. sugar
¼ tsp. cinnamon
¼ tsp. nutmeg
2 c. regular all purpose flour
1 tsp. baking powder
½ tsp. soda
1 tsp. salt
2 eggs
2/3 c. chopped nuts
1 c. brown sugar, firmly packed
3 tbsp. melted butter
1 c. buttermilk

Combine the sesame seed with the sugar, cinnamon and nutmeg. Set aside. Sift flour with the baking powder, soda and salt. In a large bowl, beat the eggs slightly, add the brown sugar and melted butter and mix well. Add the flour mixture alternately with the buttermilk, stirring just until well blended. Stir in the nuts. Pour into a well greased 9x5 loaf pan. Sprinkle top with the sesame seed and sugar mixture. Bake in a moderate 350 degree F. oven for about 1 hr. or until bread starts to come away from sides of pan. Cool slightly then remove bread from pan. Serve warm or cooled. Makes 1 loaf.

Anna Gerasimchuk

DATE BREAD

Mix and let stand - 2 c. chopped dates
½ tsp. soda
1½ c. boiling water

Cream - 2 tsp. butter
2 c. sugar
2 eggs

Mix - 4 c. flour
2 tsp. baking powder
1 tsp. salt

Add date mixture alternately with flour. Add walnuts. Bake at 325 degrees F. for 65 min.

Mary J. Procajlo

BANANA WALNUT BREAD

1 c. sugar
½ c. Crisco
2 eggs
½ tsp. salt
4 mashed bananas
2½ c. sifted flour
1 tsp. baking soda
3/4 c. chopped walnuts

Beat sugar and Crisco until fluffy, add eggs, and beat. Add bananas and beat. Fold in the dry ingredients - add nuts with flour. Half a cup of cherries may be added if desired. Bake at 350 degrees F. for 1 hr.

Eva Ilkew

BUBBLE LOAF

Makes one 10" tube.

Scald 3/4 c.milk. Stir in ¼ c. sugar, 1 tsp. salt, and ¼ c. shortening.

Mix until sugar is completely dissolved. Cool to lukewarm. In another bowl measure ¼ c. warm water, sprinkle or crumble 1 pkg. or cake of yeast, active, dry or compressed. Stir until dissolved. Add lukewarm milk mixture to dissolved yeast. Add 1 egg, beaten.

Mix well. Add 2 c. sifted flour. Beat until smooth. Gradually add while beating 1½ c. sifted flour (about). Beat until mixed. Turn out on lightly floured board. Knead until smooth and velvety - about 10 min. Place in a greased bowl, brush top with oil, cover - let rise in a warm place, free from draft for about 1 hr. or until double in bulk. Punch down. Knead again, about 5 min. Cut dough into small pieces, the size of walnuts. Form into balls. Roll in melted butter or margarine. Place buttered balls, so that they are almost touching, in a well greased 10" tube pan to cover bottom. Top with the following -

¼ c. candied cherries, halved
¼ c. raisins

Place the remainder of the balls over cherries and raisins. Cover and let rise again, in a warm place for about 45 min.

(continued)

or until double in bulk. Bake in a moderate 375 degree F. oven for 35-40 min. Remove from oven, let stand for 5 min. Remove from pan and frost with confectioner's sugar icing - sprinkle with chopped candied cherries.

Agnes Okrainetz

DATE NUT BREAD

1 c. chopped dates
1 tsp. baking soda
1 c. boiling water
1 tbsp. butter
1 c. sugar
1 egg
1½ c. flour
½ c. chopped nuts
1 tsp. vanilla
Pinch of salt

Sprinkle soda over dates and add water - let stand until cool. Cream butter, sugar and egg then add date mixture. Sift flour, salt - add to mixture. Lastly add nuts and vanilla. Place in standard size loaf pan and bake at 350 degrees for 3/4 hr. or until nice and brown. Pan should be greased and lined with wax paper.

Elsie MacLeod

CHRUSTYKY

5 eggs
1 tsp. sugar
¼ tsp. salt
¼ tsp. baking powder
3 tbsp. wine
3½ c. flour

Beat eggs well and mix the rest of the ingredients. Mix well and knead dough until smooth on a floured board.

Place in bowl and let stand about ½ hr. Roll the dough out paper thin and cut 1" width strips and 2" in length with ½" slit in center of each. Take one end of cut dough and pass through slit like you would tie a knot. Fry in fat until light brown then sprinkle with icing sugar.

Stella Storoschuk

CHRUSTYKY

3 whole eggs
2 tbsp. rum
2 tbsp. melted butter
Pinch of baking powder
4 egg yolks
2 tbsp. fine granulated sugar
Pinch of salt
2 c. flour

Beat eggs and egg yolks together and add remaining ingredients. Combine all ingredients together well and knead on a lightly floured board until the dough is smooth. Let the dough rest for a few min. covered. Roll out part of the dough paper thin, and cut into 2" squares or rectangles, 1x2". Cut a slit in the centre of each pastry and pass one end of the dough through the slit as you would tie a knot. This forms a bow. When all are made, fry in deep hot oil for a few seconds on each side, as with doughnuts until golden brown. Drain on paper towel (absorbent paper) and when cool, sprinkle with icing sugar.

Mrs. A. Procajlo

REFRIGERATOR ROLLS

1 pkg. yeast
1 tsp. salt
1 egg
3 tbsp. shortening
½ c. sugar
2 c. lukewarm water
7 c. flour

Mix yeast, after it has risen - add well beaten egg. Sift flour, once, before measuring. Add ½ of flour and beat well. Add melted shortening and mix in remainder of flour. Cover and set in a warm place. Let rise to double in bulk. Punch down and cover tightly and place in fridge.

About 1 - 1½ hrs. before baking remove desired amount of dough - shape into small balls. Grease same and place 2 or 3 in each muffin tin. Let rise to double in bulk. Bake for about 15 min. at 425 degrees F. Will keep in fridge about one week.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

SPUDNUTS OR POTATO DOUGHNUTS

2 pkg. yeast dissolved in ½ c. water
4 c. scalded and cooled milk
1 c. margarine, melted
5 eggs, well beaten
1 c.mashed potatoes
2 tsp. nutmeg
Rind of 1 lemon - opt.
11 or 12 c. flour
1 lb. icing sugar - opt.
Deep fat or oil for frying

Add soaked yeast to cooled milk, then add sugar , eggs, margarine, salt,mashed potatoes, nutmeg and rind. Stir well, add enough flour to make soft dough. Let rise until double in size, then knead and roll out to approx. ½" thick. Cut with doughnut cutter and let rise again. Cook in deep fat until golden brown. Dip while still hot in glaze of 1 lb. icing sugar, 2 tbsp. butter and enough hot water to make fairly thick.

P. S. - if block yeast also known as fresh yeast is available - use instead of fast rising yeast. This adds to the flavour and freshness of your doughnuts.

Elizabeth Pudlo

PAMPUSHKY

3 pkg. yeast
1 tsp. sugar
2 c. lukewarm water
1 c. scalded milk
¼ lb. butter
3/4 c. St. Lawrence oil
4 eggs
1 tsp. salt
10 c. flour
1 c. warm honey

Dissolve 1 tsp. sugar in 1 c. warm water, add the yeast and let stand 10 min. in a warm place.

In a large bowl put in the flour, make a well in the middle. Beat the eggs, add oil, melted butter, milk, balance of water and salt. Add this to the flour. Add yeast and mix well. Knead in a bowl for about 10 min. This dough should be soft. Cover and let rise in a warm place until double in bulk. Punch down, knead a few times and let it rise again.

(continued)

Take small egg-sized pieces of dough, flatten each or roll ½" thick. Place a generous portion of the filling in the centre, bring the edges together and press to seal securely. All the edges must be free of filling. Place pampushky on a lightly floured board and let rise for 1 hr.

Deep fry in hot oil, 375 degrees F., for about 3 min. turning them over to brown evenly on both sides. Drain on absorbent paper.

Gloria Fedas

SOUR CREAM SCONES

2 c. flour
1 tsp. salt
2 tsp. baking powder
1 tbsp. white sugar
1/3 tsp. soda
5 tbsp. shortening
1 egg
Sour cream

Put all dry ingredients into a bowl. Cut in the shortening as for pie crust. Put egg into a 1 c. measure, fill the cup with sour cream. Mix.

Add to the dry ingredients and blend well. Do not handle too much. Turn out onto a floured board and with your hands flatten out to about the thickness of 3/4". Cut with a cookie cutter, working the ends in to cut the next. This is so you do not re-roll the dough. Place on cookie sheet and bake in 375-400 degree oven until golden brown.

Serve hot with butter, jam and whipped cream and tea.

Kaye Solomon

RICH ROHALYKY

1 tsp. sugar
½ c. lukewarm water
1 pkg. quick yeast
2-3/4 c. flour
½ tsp. salt
2 tbsp. sugar
½ lb. chilled butter
1 egg
any desired filling
e.g. apricot jam, prune jam, marmalade, etc.

(continued)

Combine sugar with water, sprinkle the yeast over and let stand 10 min. Sift flour, sugar and salt. Grate the hard chilled butter in short strips on the coarse grater, combine with the sifted flour mixture and keep cold.

Add the beaten egg to the dissolved yeast, combine with the flour mixture, knead the dough lightly but not to smoothness. Cover with waxed paper and chill for 1 hr.

Roll the dough fairly thin (approx. ¼") on a floured board. Cut into the desired size squares (2 to 2½"). Put ½ tsp. apricot jam, or any desired filling, in the centre of the square. Fold two opposite corners to overlap ½" at centre. Place a cherry in the opposite two corners close to the filling.

Place in a greased pan and chill ½ hr. in the fridge. Preheat oven to 450 degrees F. Brush rohalyky with beaten egg, sprinkle with finely chopped nuts, place in the oven and immediately turn oven to 400 or 375 degrees F.

Bake for 12 min. or until they turn a light brown colour and are done.

NOTE - Although yeast is used in this recipe the dough should not rise as it ordinarily would.

Gloria Fedas

RICH ROHALYKY

1 tsp. sugar	2 tbsp. sugar
½ c. lukewarm water	½ tsp. salt
1 pkg. quick yeast	¼ lb. chilled butter
2-3/4 c. flour	1 egg

Combine sugar with water, sprinkle with yeast and let stand 10 min. Sift flour, sugar and salt. Grate the hard chilled butter in short strips on the coarse grater. Combine with the sifted flour mixture and keep cold.

(continued)

Add the beaten egg to the dissolved yeast, combine with the flour mixture, knead the dough lightly, but not to smoothness. Cover with waxed paper and chill for 1 hr.

Roll the dough fairly thin (¼") on a floured board. Cut into the desired size squares (2 - 2½"). Put ½ tsp. filling in the centre of each square. Fold 2 opposite corners to overlap ½" at centre. Place a cherry in the opposite 2 corners close to the filling.

Place in a greased pan and chill ½ hr. in the fridge. Preheat oven to 450 degrees F. Brush rohalyky with beaten egg, sprinkle with finely chopped nuts, place in oven and immediately turn oven to 400 or 375 degrees F. Bake for 12 min. or until they turn a light brown colour and are done.

FILLINGS -

Prepared poppy seed - ½ c. prepared poppy seed, scalded and ground fine, add pinch of salt and pepper and 2 tbsp. sugar - mix well.

Cottage cheese - 4 - 1 lb. cottage cheese
8-10 eggs
Salt to taste
2 tbsp. margarine

Jams or marmalades.

Mrs. A. Procajlo

CABBAGE BUNS (Perishke)

2 pkg. yeast
1 pt. milk
1 c. sugar
6 beaten eggs
1 c. cooking oil
1 tsp. salt
2 tbsp. shortening
1 c. lukewarm water
Sauerkraut, bacon, onion

Scald the milk, add shortening and cool. Put yeast with 2 tsp. sugar in 1 c. warm water, let stand until dissolved. Add to the cool milk. Add the beaten eggs and oil then beat in some flour and work with hands until the dough is soft and smooth.

(continued)

Put in a greased bowl and brush top with shortening, cover and let rise until double. Knead it down and let rise again. As the dough is rising, work on the sauerkraut. Cook the sauerkraut, cool, squeeze out juice and fry in pan with chopped bacon and onion, salt and pepper. Take small pieces of dough the size of walnuts, roll out, put in some filling and seal. Make little rolls and put in greased cookie sheet. Bake in 375 degree oven for 25 min. Brush with beaten egg when putting in and brush with melted butter when taking out.

Elizabeth Pudlo

DOUGHNUTS

2 pkg. fast rising yeast
4 c. scalded milk
1½ tsp. salt
1 c. margarine
5 eggs, beaten
1 c. white sugar
2 c. mashed potatoes
2 tsp. nutmeg, opt.

Make yeast as directed on pkg. Add yeast to cooled milk, add sugar, eggs,margarine, salt and mashed potatoes. Stir well, add enough flour to make a soft dough, let rise until double in size and knead then roll out approx. ½" thick, cut with cutter and let rise again, fry in hot fat.

For glazed doughnuts, dip while doughnuts are still hot in -

2 lb. icing sugar
1 tbsp. butter
Vanilla

Enough hot water to make thick sauce.

Stella Storoschuk

PERESHKI

Wrappers - 1 lb. lard
6 c. flour
4 whole eggs
½ c.milk
1 fresh pkg. yeast
1 tsp. vanilla

Knead ingredients together - put dough into the fridge for the night. In the morning, roll the dough out paper thin. Cut into strips approx. 3" long and 1½" wide. The dough should be rolled out on white sugar.

FILLING - 1 lb. dry plums (prunes)

Cook dry plums, drain, then mash. Crushed nuts may be added if desired.

Place ½ tsp. filling into the centre of each square. Roll each square starting at one of the pointed ends. Place on baking sheet and bake at 350 degrees F. for 20 min.

Mrs. Annie Procajlo

BAKED EGG 'N' MUSHROOM PYRIZHKY

Dough - 1-3 oz. pkg. cream cheese
1 c. all purpose flour
½ c. butter
1 egg yolk

With a pastry blender, mix as for pie crust. Roll out quite thin and cut in small rounds with a cookie cutter. Fill with the following filling -

FILLING - 2 hard boiled eggs, chopped fine
1 c. mushrooms, finely chopped
1 small onion, chopped
1 tsp. table cream
1 tbsp. bread crumbs
1 tbsp. butter
Salt and pepper to taste

Fry onions in butter until lightly golden. Add mushrooms, and simmer for 10 min. Cool. Add the chopped egg, cream and bread crumbs. Mix thoroughly - divide filling evenly on pastry rounds. Fold rounds in half and seal edges well.

(continued)

(pyrizhky may be frozen at this point by placing on a cookie sheet and fast frozen until needed).

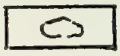
Place on a greased cookie sheet, brush with beaten egg yolk and bake for 15 min. in 375 degree oven. Serve hot.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

PERESHKI

Wrappers - 1 lb. lard
6 c. flour
4 whole eggs
½ c.milk
1 fresh yeast
1 tsp. vanilla

Knead ingredients all together. Put into fridge for the night. In the morning, roll dough out paper thin. Cut into strips 3" long by 1½" wide.



Filling - 1 lb. dry plums - cook plums, drain, then mash. You may add crushed nuts.

COTTAGE CHEESE MUFFINS

2 c. biscuit mix
1/3 c. sugar
3/4 c.milk
2 tbsp. salad oil
½ tsp. cinnamon
1 egg
½ c. creamed cottage cheese
1 c. fresh or frozen blueberries

Start oven at 425 degrees F. Grease muffin tins, mix biscuit mix, sugar and cinnamon together. Mix the milk, oil, egg together. Stir into the dry ingredients continuing to mix until all dry ingredients are moistened. Stir in cottage cheese and blueberries. Spoon into prepared muffin tins about 2/3 full. Bake 25-30 min. Loosen muffins from pan immediately. Serve while warm. Makes about 12 - 2½" muffins.

Mrs. Ann Procajlo

BUNS WITH VARIOUS FILLINGS

1.. 2 oz. compressed yeast
½ c. scalded milk
½ c. lukewarm water
1 c. flour

Above for yeast batter.

2. To yeast batter add the following ingredients in the given order -

½ c. cooled milk
½ c. sugar, beaten with
4 egg yolks until light in colour
1 tsp. vanilla
¼ c. melted butter

1. Scald 1 c. milk, cool to lukewarm. Melt ½ c. butter. Crumble yeast into water to soften, combine with ½ c. scalded lukewarm milk, add flour, beat until smooth, let stand ½ hr. or until bubbles appear.

2. Mix together well, add 1½ c. flour. Beat until smooth, add 2 egg whites beaten stiff, mix and add more flour to make a soft dough. Knead for about ½ hr. Add ¼ c. melted butter and knead again until all trace of butter disappears. Let rise in a warm place until double in bulk - about 1 hr.

Divide the dough into 6 portions. Make each portion into a roll 1¼" in diameter. Cut a roll in ½" pieces, stretch each piece, brush with stiffly beaten egg white, put a tsp. of filling in the centre, pinch the edges together, form into a ball. Place in a greased pan and let rise in a warm place for 1 hr.

Brush buns with beaten whole egg, sprinkle on top ½ c. crushed walnuts mixed with 1 tsp. sugar. Bake at 350 degrees F. for 5 min. reduce heat to 300 degrees F. and bake for 15 min. more.

PRUNE FILLING - boil prunes until soft, drain on absorbent paper. Chop fine, add sugar to taste and ½ c. chopped walnuts.

Gloria Fedas

73 - Hamilton, Ont.

APPLE MUFFINS

¼ c. soft shortening
3/4 c. brown sugar
1 egg, slightly beaten
1½ c. grated apples
1 tbsp. 10% cream
½ c. raisins, opt.
1 c. flour
3/4 tsp. baking soda
1 tsp. baking powder
3/4 tsp. salt
¼ tsp. cinnamon
¼ tsp. nutmeg

Cream shortening and sugar. Add egg, apples and cream and raisins. Sift together all dry ingredients and add to apple mixture. Stir just enough to moisten. Drop into 12 buttered muffin tins. Sprinkle with 1 tsp. cinnamon and 1½ tsp. sugar mixture. Bake at 375 degrees for 20 min.

Dorothy J. Pidsadny

REFRIGERATOR MUFFINS

2 c. boiling water
2 c. 100% bran
1 c. shortening
3 c. white sugar
1 qt. buttermilk
4 beaten eggs
5 c. flour
3 tbsp. soda
1 tbsp. salt
4 c. bran flakes
1 c. raisins, opt.

Pour the water over 100% bran, let stand. Cream shortening, sugar and eggs, add buttermilk. Add the bran mixture. Sift flour, salt and soda and add to above. Fold in the bran flakes just until moist, then add raisins. Chill 1 day before baking.

Bake at 400 degrees F. for 15-20 min. (fill muffin tins half full). This recipe will keep (covered) in fridge for 6 weeks.

Elizabeth Pudlo

BRAN MUFFINS

1 qt. buttermilk
5 tsp. baking soda into buttermilk

Add - 2 c. All Bran
3 c. branflakes, Kellogg's
2½ c. white sugar
1½ c. dates or raisins cut up if desired

Add - 4 eggs, beaten
1½ c. cooking oil
5½ c. flour
3 tsp. baking powder

Keep in covered Tupperware or plastic container in fridge. Use as required. Bake at 375 degrees until done - about 20 min. Makes 5-6 doz. muffins.

Doris Kozak

BRAN MUFFINS

3 tsp. baking soda
3 c. bran buds
1 c. sour cream
2 c. milk
1 c. brown sugar
1 c. white sugar

3 eggs, beaten
1 c. oil
¼ c. molasses
3 c. flour
2 tsp. salt
3 tsp. baking powder
1 tsp. vanilla
1 c. raisins

Mix together in large bowl the soda, bran buds, sour cream and milk. In another bowl, mix together brown sugar, white sugar, eggs, oil and molasses. In 3rd bowl mix flour, salt, baking powder. Add sugar and oil mixture to bran bud mixture. Add flour mixture and stir well. Add vanilla and raisins.

Fill muffin tins 3/4 full. Bake at 350 degrees for ½ hr. Excellent for freezing. Makes about 4 doz. muffins.

Myrna Schlosser

AFTERNOON COOKIES

½ c. lard
½ c. margarine
½ c. white sugar
½ c. brown sugar
½ tsp. salt
1 egg
1 tsp. baking soda
1 tsp. cream of tartar
1 tsp. vanilla
2½ c. flour
(or more if needed)

Roll into small balls, flatten with fork. Bake at 350 degrees F. for 12-15 min.

Kathy Swinarchin

DIET ALMOND MERINGUE COOKIES

4 egg whites
2/3 c. non-fat dry milk powder
1 tsp. vanilla extract
1 tsp. almond extract
4-6 packs sugar substitute
Cinnamon

Beat egg whites until stiff. Fold in milk and mix well. Add extracts and sweetener. Spoon drop on cookie sheet.

Bake in 275 degree oven for 45 min. Remove from sheet and dust with cinnamon. (entire recipe contains 2 oz. of protein and 2 milk allowances).

Marge Scherb

JAM DROPS

1 c. butter
1 c. brown sugar
2 eggs, separated
2 c. flour
2 tbsp. orange juice
1 tsp. vanilla
1 tsp. baking powder

Cream the butter until fluffy. Gradually cream in the sugar. Beat in the eggs and yolks and flour alternately with orange juice. Form dough in balls. Make a little hole with finger and drop a little jam in. Bake.

Mrs. Jean Dybacz

FINGER COOKIES

½ c. sweet butter
½ c. icing sugar
1 tsp. vanilla
¼ tsp. salt
1½ c. water
1 c. flour
1 c. chopped nuts

Mix together - shape into finger shape. Bake at 350 degrees F. for 20 min. or until golden brown. Let cool - sprinkle with icing sugar. Suitable for Christmas.

SOFT MOLASSES COOKIES

Sift - 4½ c. flour
3 tsp. ginger
2 tsp. baking soda
1 tsp. salt

Cream - 1 c. butter
1½ c. brown sugar - then add
2 eggs, beaten - mix and add
3/4 c. molasses - mix

Add 3/4 c. sour milk alternately with dry ingredients. Chill overnight. Roll into balls, place on cookie sheet and flatten with a fork.

Bake in 350 degree oven until brown - cool and store.

Kaye Solomon

SHORTBREAD

Melt in your mouth type.

3 c. all purpose flour
½ c. cornstarch
1 c. icing sugar
2 c. butter or part margarine

Cream butter with electric mixer. Add sugar, beat well. Sift flour, with cornstarch and add to the mixture. Whip until fluffy. Drop by teaspoonfuls onto a cookie sheet.

Bake at 325 degrees for 15 to 20 min. depending on the size of the cookies or until light brown. Cool on a rack, and store in a cool place.

Kaye Solomon

LACY OATMEAL COOKIES

Measure - 2¼ c. oatmeal - sprinkle with
3/4 tsp. salt
2 tsp. baking powder, mix in
½ c. chipits
¼ c. nuts

Beat until thick - 2 eggs, beat in
1¼ c. white sugar, fold in
1 tsp. vanilla
1 tbsp.melted butter

Add the oatmeal mixture all at once, mix until blended. Drop by tsp. on a well greased cookie sheet. Bake in 350 degree oven until golden brown, but still feel soft (about 10 min.). Remove from pan and cool on a rack before storing. Yield 5 doz.

Kaye Solomon

Good

PEANUT BUTTER COOKIES

1C 227 ml. margarine
1C 227 ml. brown sugar
1C 227 ml. white sugar
1C 227 ml. peanut butter
2½ C Flour
2 eggs

10 ml. baking soda
2½ ml. vanilla

Spice Thoroughly cream margarine, sugar, eggs and vanilla. Sift together dry ingredients - blend into creamed mixture. Shape into balls and flatten them gently with a fork. Bake on an ungreased cookie sheet at 375 degrees for 8 to 10 min.

Betty McLachlan

RUM BALLS

1 c. boiling water
2 oz. semi-sweet chocolate
1 c. white sugar
2 c. graham wafer crumbs
½ c. walnuts
½ c. chopped raisins
¼ c. rum
Pinch of salt
Shredded coconut

(continued)

Mix water, chocolate pieces and sugar in sauce pan. Bring to a boil - boil 10 min. Cool. Add graham cracker crumbs, walnuts and raisins, rum and salt. Shape into balls and roll in coconut.

Thelma Strabac

GINGERBREAD BOYS

1/3 c. soft shortening
1 c. brown sugar, packed
1½ c. molasses
2/3 c. cold water
1 tsp. vanilla
7 c. sifted all purpose flour
2 tsp. soda
1 tsp. salt
1½ tsp. ginger
1 tsp. cloves
1 tsp. cinnamon
¼ tsp. allspice
¼ tsp. nutmeg
Raisins, cherries, icing, etc. for decorating

Combine shortening, sugar and molasses and beat until well blended. Stir in water and vanilla. Sift flour, soda, salt and spices together into mixture and blend thoroughly.

Chill several hrs. or overnight. Heat oven to 350 degrees. Roll dough ½" thick. Cut with gingerbread boy cutter or trace shape on cardboard and use as guide for cutting. Lay gingerbread boys on greased cookie sheets and decorate with raisins for eyes and buttons, cherries for mouth and tie.

Bake about 15 min. or until firm. Cool and put butter icing on cookies for belts, shoes, cuffs, etc. if desired. Makes 10 large.

Anna Gerasimchuk

RUM BALLS

1¼ c. ground walnuts, packed
½ c. granulated sugar
¼ c. dark rum
1-3 oz. plain chocolate bar - milk chocolate - melted
1 egg white, slightly beaten
1 tbsp. fine bread crumbs

(continued)

Combine all ingredients in a bowl. Roll mixture in balls the size of walnuts. Roll each ball in white sugar and place on waxed paper. Let dry 2 days.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

WHIPPED SHORTBREAD

1 lb. butter
1 c. icing sugar
½ c. cornstarch
3 c. flour

Use soft butter, mix all together and whip with electric beaters until it is like whipped cream. Use cookie press or drop from tsp. Bake 25 min. at 325 degrees.

Agnes Okrainetz

COCONUT COOKIES

½ c. shortening
½ c. sugar
1 egg
1½ c. flour
1 c. coconut (or nuts, raisins, instead of coconut)
2 tbsp. baking powder
¼ tsp. lemon or vanilla
½ tsp. salt
½ c. milk

Cream shortening and sugar, add egg (beaten). Add dry ingredients - add milk and vanilla. Add coconut. Mix well. Drop on greased cookie sheet.

Bake in moderate oven for 15 min. or until light brown.

Mrs. Anna Solski

FINGER COOKIES

½ c. sweet butter
½ c. icing sugar
1 tsp. vanilla
¼ tsp. salt
1½ tbsp. water
1 c. flour
1 c. chopped nuts

Mix ingredients together. Shape into finger or crescent shaped cookies.

(continued)

Place on cookie sheet and bake at 350 degrees F. for about 20 min. or until golden brown. Let cool. Sprinkle with icing sugar. These cookies are excellent for Christmas.

Mrs. Annie Procajlo

SHORT BREAD

½ c. icing sugar
½ c. butter
½ c. cornstarch
2 c. flour - a little less is better

Mix ingredients well. Place in 6" square pan and press down well with fingers. Bake at 275 degrees C. until faintly brown.

Thelma Strabac

CHOCOLATE CHIP COOKIES

1 c. soft shortening
3/4 c. brown sugar
¼ c. granulated sugar
1 tsp. vanilla
1½ c. all purpose flour
½ tsp. salt
1 tsp. baking soda
¼ c. boiling water
2 c. quick cooking rolled oats
½ c. chopped nuts
1 pkg. (6 oz.) semi-sweet chocolate chips

Beat shortening, brown sugar, granulated sugar and vanilla until light and fluffy. Add flour and salt - mix well.

Dissolve baking soda in boiling water. Add to flour mixture. Stir in rolled oats, nuts and chocolate chips. Drop from tsp. onto ungreased cookie sheets 2" apart. Flatten with fork dipped in cold water.

Bake at 350 degrees F. for 10 to 12 min.

Anne Pidsadny

CHEESE STRAWS

3/4 c. flour	1 egg yolk
4 oz. grated cheddar cheese	Dry mustard
Salt	3 oz. butter
Pepper, cayenne type	A little water

Mix flour, seasonings and rub in the butter. Rub in the cheese, mix egg yolk and add a little water, enough to make a stiff dough. Roll dough out about ½" thick. Cut into narrow strips about 4" long. Make into rings or twist.

Bake in hot oven for 5 to 7 min. Be careful as cheese has a tendency to start to burn. Serve hot or cold.

Kaye Solomon

EASTER

Easter, to Ukrainians is a time of religious and seasonal celebrations. These celebrations include the customs which observe both the Resurrection of Christ and the jubilant release from the confines of winter.

Prior to the celebrations of Easter Sunday, the symbolic art of Ukrainian Easter egg decorating is observed. In Ukrainian the decorated eggs are called "pysanky" from the word "pysaty" which measn to write. Originally pysanky symbolized the release of the earth from the shackles of winter and the coming of spring with its promise of new hope, new life, health and prosperity. After the Advent of Christianity, the decorated eggs took on new symbols of the Resurrection with its promise of a better world.

The Holy week begins with Palm Sunday marking the triumphal entrance of Jesus into Jerusalem. Small twigs of pussy willows are blessed and distributed to the congregation members instead of palms since they were difficult to obtain in the Ukraine. The remaining part of the week includes fasting, remorse and confessions.

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Easter Sunday, for Ukrainians, begins with a special Resurrection service at the break of dawn. Following the church service, family members gather together to enjoy and break the long fast with food-laden baskets previously blessed, by the priest. The baskets are covered with richly embroidered napkins containing Easter bread called "paska" and a variety of other Easter foods such as hard-boiled eggs, sausage, horseradish, cheese, hot and cold meats and pastries. The meal begins with Easter grace and then a ceremonious serving of the blessed egg, which the head of the family divides into several portions, one for each person, greeting the family with the customary Easter greeting "Khrystos Voskres!" (Christ is risen!) This tradition symbolizes family unity and expresses hope for a happy and prosperous year until next Easter.

PASKA - EASTER BREAD

3 c. fresh milk, scalded and cooled
3 pkg. yeast
½ c. warm water
2 tsp.sugar
3 c. sifted flour
6 eggs, well beaten
1 c. sugar
1 c. butter, melted
Rind of 1 lemon and 1 orange
1½ tsp. salt
2 tbsp. Saffron essence - put saffron in ½ c. water for about 1 hr. before using
2 c. sultana raisins

Dissolve yeast in lukewarm water and set aside for 10 min. Put cooled milk into a bowl - add flour and beat well. Add dissolved yeast and beat well again until full of bubbles. Set aside to rise in a warm place for 1 hr. This is sponge.

When sponge has risen enough, add well beaten eggs, sugar, butter, rinds, saffron, salt and flour, 9-10 c. Knead this until smooth, add the raisins, knead them well into dough. Cover and let rise again until double in bulk in warm place. When risen enough, shape round loaves, let rise again for 45 min. in warm place. When risen enough,

(continued)

preheat oven to 400 degrees. Brush the loaves with beaten egg. This gives the glaze; and slip into the oven. After 15 min. reduce heat to 350 degrees and bake for another ½ hr. or until baked.

Elizabeth Pudlo

UKRAINIAN EASTER PASKA

½ c. lukewarm water
1 tsp. sugar
1 pkg. yeast
8½ to 9 c. flour
¼ c. sugar
1 tbsp. salt
3 c. lukewarm water
5 beaten eggs
¼ c. melted butter

Dissolve the sugar in ½ c. lukewarm water and sprinkle yeast over it. Let stand for 10 min. Combine the softened yeast with beaten eggs, sugar, butter, salt and water. Mix in the flour and knead until smooth and elastic. The dough should be just a little stiffer than for bread. Cover, let rise in warm place until double in bulk. Punch down and let rise again.

Make a round 1" thick base of dough and cover the bottom of a round greased pan. Take 2 equal pieces of dough, roll each to a 36" length, place side by side and starting from the centre entwine each length about the other, do the other half in a like manner,place the entwined length on the base in a circle along the edge.

Roll 4 equal pieces of dough each to a 12-14" length. Entwine 2 lengths. Place the 2 entwined lengths on the base, to cross each other at the centre, curl each end to lie on the base. Cover and let rise to double in bulk. Mix cottage cheese, egg, sugar and salt to taste, place 1 tsp. in each space of the cross at the centre, smooth and trim with raisins in a form of a cross, put a whole clove in the centre of each curl. Brush with beaten egg, bake in moderately hot oven (400 degrees F.) for 15 min. Reduce heat to 350 degrees F. and bake for 40 min. more or until done.

Mrs. A. Procajlo

UKRAINIAN EASTER BABKA

½ c.lukewarm water
2 pkg. yeast
1 tsp.sugar
2 c. scalded milk
½ lb. butter
1 tbsp. salt
1 c. sugar
5 whole eggs
10 yolks
1 orange juice and rind
1 tsp. vanilla
1 c. golden seedless raisins, opt.

Flour to make soft dough - about 7 c. or more.

Dissolve the sugar in lukewarm water, sprinkle the yeast over it, let stand 10 min. Beat the eggs and the egg yolks for 10 min. adding the sugar, a little at a time. Add the salt, orange juice, milk, rind and the yeast mixture to the beaten eggs. Mix well and gradually mix in the flour, adding the melted butter, a little at a time until enough flour is added to make a soft dough. Knead for 20 min. or until dough no longer clings to hands. Let rise in a warm place until double in bulk. Knead down and let rise again as before.

Grease tall tins well and coat with bread crumbs. Honey or Crisco cans make good containers for babka.

Form dough into a ball small enough to fill 1/3 of container. Let rise in a warm place until the dough barely reaches the top. Put in a preheated 350 degree F. oven and bake for 30 min.

Babka should be handled very carefully when being taken out of the containers and should be laid on a soft covered cushion to cool.

Annie Procajlo

EASTER PASKA

Sponge - 1 pkg. yeast
2 c. milk, scalded and cooled
3 c. flour

Dough - ¼ c. sugar
¼ c. shortening
2 eggs
1 tsp. salt
2½ or 3 c. flour

(continued)

Soften yeast in lukewarm milk and beat flour until smooth batter is obtained. Set aside in warm place for 2 or 3 hrs. (this is sponge).

Cream sugar and shortening and add well beaten eggs and salt. Add this mixture into light sponge and then add enough flour to make a soft dough. Knead the dough on floured board until smooth. Place dough in greased bowl, cover and leave in a warm place until double in bulk. Punch down and let it rise again. When double bulk again, take the dough out and make a loaf and set in a round pan and set aside in warm place until double. When ready bake in the oven (350) for 1 hr. or less.

Olga Bashnuk

FORGOTTEN COOKIES

Heat oven at 350 degrees F. Beat 2 egg whites until creamy. Slowly beat in 2/3 c. white sugar. Beat until stiff. Add 1 pkg. chocolate chips and 1 tsp. vanilla - stir.

Drop by spoon on cookie sheet and put in oven overnight. Turn off heat, do not open oven door until morning. Children will love them.

PEANUT BUTTER BALLS

1/3 c. peanut butter
¼ c. butter
1 c. icing sugar
½ c. rice krispies

Butter hands, combine ingredients and roll into balls. Melt 4-1 oz. squares semi-sweet chocolate and 1 tbsp. paraffin wax. Use double boiler. Dip balls in chocolate and allow to set.

Annie Procajlo

CAKE & PASTRY

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	TEMPERATURE	TIME (Minutes)
Butter Cake, loaf	360 - 400 degrees	40 - 60
Butter Cake, layer	380 - 400 degrees	20 - 40
Cake, angel	300 - 360 degrees	50 - 60
Cake, sponge	300 - 350 degrees	40 - 60
Cake, fruit	275 - 325 degrees	3 - 4 hours
Cookies, thin	380 - 390 degrees	10 - 12
Cookies, molasses	350 - 375 degrees	18 - 20
Cream Puffs	300 - 350 degrees	45 - 60
Meringues	250 - 300 degrees	40 - 60
Pie Crust	400 - 500 degrees	20 - 40
CAKES		
Angel	325 degrees	60
Sponge	325 degrees	60
Cup	350 degrees	25
Layer	375 degrees	25 - 30
Loaf	350 degrees	45 - 60
Sheet	375 degrees	20 - 30
Pound	325 degrees	60 - 90
PIES		
Pumpkin	400 degrees	35 - 45
Two-crust	400 degrees	25 - 40
Shells	450 degrees	10 - 12
Meringue	300 degrees	10 - 15

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2¼ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount ½ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

NUT ICING

½ c. butter
8 oz. cream cheese
1 lb. icing sugar
1 tsp. vanilla
½ c. chopped walnuts or other nuts, opt.

Beat butter and cream cheese until light in colour. Add gradually the icing sugar and vanilla. Keep beating until smooth and add nuts. Mix well. Spread on carrot cake or any other.

Mrs. S. Kriz

FRESH APPLE CAKE

1½ c. salad oil
2 c. sugar
2 eggs
1 tsp. salt
2 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla
2½ c. flour
1 c. chopped walnuts
3 c. raw apples

Chop peeled apples and set aside. Measure salad oil, add sugar, eggs, beat until creamy at low speed. Sift flour, once, then add salt, soda, and baking powder, resift, add small amounts of flour mixture to creamed mixture, beating well after each addition. Fold in nuts and apples by hand.

Bake at 350 degrees F. for 55 to 60 min.

Anne Pidsadny

CARROT CAKE

1 c. sugar
1 c. salad oil
4 eggs
1 c. all purpose flour
1 c. whole wheat flour
1½ tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
2 c. grated raw carrot
1½ c. grated apple
1 c. golden raisins
½ c. chopped walnuts, opt.

(continued)

Blend together sugar, salad oil and eggs. Beat until slightly thickened. Sift together dry ingredients, and combine with egg mixture. Add carrot, apple, raisins and nuts - blend. Turn into greased and floured 9x13x2 pan. Bake for 35-40 min. at 350 degrees F.

Cream cheese frosting- 1-4 oz. pkg. cream cheese, softened
¼ c. butter
1 c. icing sugar
½ tsp. vanilla

Beat cream cheese and butter until fluffy. Beat in icing sugar and vanilla until well combined.

Mary Hallar

DIET CUPCAKE RECIPE

Yields 15 cupcakes - exchange 1 cupcake for - 1 bread - 1 fat.

1½ c. sifted flour
½ tsp. salt
4 tsp. baking powder
2 tsp. artificial liquid sweetener
2 eggs, well beaten
¼ c. milk
4 tbsp. melted vegetable shortening

Sift flour, salt, baking powder together. Combine remaining ingredients with sifted mixture. Stir only until dry ingredients are moistened. Batter will be lumpy.

Bake at 350 degrees until done.

Marge Scherb

PLUM CAKE

2 c. flour
1½ c. sugar
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
½ tsp. salt
1 c. Mazola oil
1 c.pitted plums
1 c. sour milk
2 eggs
1 c. chopped nuts

To the milk add 1 tsp. vinegar to make sour milk, put everything in a bowl except plums and nuts.

Mix well then add nuts and plums, but do not beat just mix so that the plums are mixed even. Put in a well greased 8x12 pan dusted with flour. Bake at 350 degrees for 1 hr.

Stella Storoschuk

BANANA CAKE

½ c. butter
1 c.white sugar
2 eggs
4 tbsp. sour milk
1 tsp. soda
1-3/4 c. flour
¼ tsp. salt
1 tsp. vanilla
1 c. mashed bananas
2 tsp. baking powder

Cream butter and sugar. Add well beaten eggs. Add bananas and vanilla. Dissolve soda in milk. Sift flour, baking powder and salt and add milk.

Bake in pan 50 min. in moderate 350 degree oven.

Mrs. Mary Bidulka

CARROT CAKE

1 c. grated carrot
½ c.Mazola oil
2 eggs
½ c. white sugar
½ c. brown sugar
1½ c. flour
1½ tsp. baking powder
¼ tsp. cream of tartar
½ tsp. salt
½ tsp. vanilla

(continued)

Beat eggs, add oil and sugar - beat well. Add vanilla and grated carrots. Add all dry ingredients. Bake in loaf pan at 375 degrees for 45 min.

TOPPING - 1 tbsp. butter - add ¼ c. brown sugar
1 tbsp.milk

Stir well and bring to boil. Brush on top of cake.

Mrs. Mary Bidulka

APPLESAUCE CAKE

½ c. shortening
1 c. sugar
1½ c. applesauce
2 tbsp. warm water
1½ tsp. baking soda
2¼ c. flour
¼ tsp. salt
½ tsp. cloves
1 tsp. cinnamon
1 tsp. almond extract
1 c. raisins
½ c. chopped nuts, opt.

Cream shortening and sugar. Add applesauce and water to which soda has been added. Sift all dry ingredients and add to batter. Add flavouring, raisins and nuts. Put in greased loaf pan and bake 1 hr. in 325 degree F. oven.

Mrs. Nick Ozimok

BANANA SPICE CAKE

½ c. shortening
1 c. white sugar
2 eggs
1 tsp. salt
2½ tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. nutmeg
2 c. flour
¼ c. milk
1 tbsp. lemon juice
1¼ c. bananas - 3 or 4

Cream shortening and sugar, add eggs, one at a time, sift the dry ingredients together. Combine milk, lemon juice and mashed bananas. Add dry ingredients, alternately with banana mixture to the creamed mixture and beat well. Pour into greased layer pans or a 9x12 pan. Bake 25 min. in moderate 375 degree oven - when cool ice with favourite icing or top with whipped cream.

Mrs. Nick Ozimok

GUMDROP CAKE

2½ c. flour
1 c. white sugar
1 c. margarine
2 eggs
1½ c. applesauce
1½ c. gumdrops, coloured
1 c. nuts, walnuts
2 c. raisins
1 tsp. cloves
1 tsp. cinnamon
½ tsp. nutmeg
2 tsp. baking soda
1 tbsp. hot water

Cream margarine, add sugar and mix well. Add beaten eggs and mix well. Add applesauce, soda and water, stir and add nuts, gumdrops and floured raisins. Stir in flour to which all spices were added.

Bake in 325 degree oven for 1½ to 2 hrs. until well baked. Use toothpick method - at end of baking time put tooghpick through centre of cake to make sure it is well baked. Makes a colourful and tasty fruit cake.

Olga Stasuik

BABA'S POPPY SEED CAKE

1 c. sugar
4 eggs
1 c. oil
1 can Eagle brand condensed milk
2 c. flour
4 tsp. baking powder
1 c. ground poppy seed

Beat eggs and sugar together. Add oil and condensed milk and beat well. Sift flour and baking powder together. Add to egg mixture and mix. Add poppy seed and beat well. Pour into greased baking pan - about 8x10 - bake for about 1 hr. in 350 degree oven.

Miss Bernice MacKew

TOMATO SOUP CAKE

1/3 c. oil or shortening
1 c. sugar
1 can tomato soup
1 tsp. baking soda
1½ c. flour
1 tsp. cinnamon
½ tsp. cloves
1 c. raisins

(continued)

Cream sugar and oil. Dissolve baking soda in tomato soup, add to sugar mixture. Add flour, sifted with spices and mix. Add raisins and mix thoroughly. Bake 1 hr. in 350 degree oven in pan - about 8".

Mrs. Evelyn Anonychuk

FRUIT CAKE

2 c. flour - sift before measuring
3/4 c. brown sugar
4½ c. berry sugar
1¼ c. butter
4 large or 5 small eggs
Rind of 1 orange
½ tsp. salt
½ lb. mixed fruit
1 tsp. baking soda
½ tsp. mace
2 tsp. vanilla
½ lb. red cherries
3 pineapple rings
1 lb. blonde raisins
½ lb. almonds

Combine all fruit - sift flour again with salt, soda, and berry sugar. Cream butter, spices and brown sugar, beat eggs well before adding to butter mixture. Add grated rind and really beat well. Sift a little flour over the nuts and fruit before adding to mixture. Bake in very slow 275 degree oven for 2½ to 3 hrs.

Mrs. Elizabeth Ewanic

POPPY SEED CHIFFON CAKE

Soak ½ c. poppy seed in 1 c. boiling water for 2 hrs. Sift together -

1 c. all purpose flour
1 c. cake flour
3 tsp. baking powder
1½ c. sugar
1 tsp. salt

Sift these 5 ingredients 3 times.

Form a well in the dry ingredients and add in order without stirring -

(continued)

½ c. salad oil - Mazola
Cooled poppy seed with water
2 tsp. vanilla
7 unbeaten egg yolks
¼ tsp. soda

Beat until smooth in another bowl:

7 egg whites
½ tsp. cream of tartar

Beat until very stiff peaks form. Pour yolk mixture over whites, gently folding in (do not stir). Pour into ungreased tube pan 4" deep and 10"across. Bake for 50 min. at 325 degrees F. Increase to 350 for 10 to 15 min. Turn pan upside down to cool.

Rest pan on a milk bottle or anything that is convenient.

Mrs. Elizabeth Ewanic

OATMEAL CAKE

1 c. oatmeal
½ c. butter
2 c. brown sugar
2 eggs
½ c. raisins
½ c. walnuts
1 tsp. soda
½ tsp. cinnamon
¼ tsp. cloves
1 c. pastry flour

Pour 1 c. boiling water over oatmeal and let it stand 20 min. in small bowl. Mix butter, sugar and eggs. Sift flour with soda, cinnamon, cloves - add to other mixture and stir. Add raisins and nuts. Stir. Add oatmeal mixture. Mix well. Bake in 8x12 pan at 350 degrees F.

Mrs. Leta Vinall

HONEY CAKE

½ c. brown sugar
½ c. butter
1 c. honey
4 eggs
2¼ c. flour
1 tsp. baking powder
1½ tsp. baking soda
Pinch of salt
1 tsp. cinnamon
1 c. sour cream
1 c. slightly crushed walnuts

Mix the sugar and butter together until it turns slightly white - add the honey and continue to thoroughly mix the mixture. Separately beat the eggs and then add it to the other mixture. Carefully sift the flour, baking powder and baking soda three times. When the dry mixture is sifted together proportion it by putting in 1 spoonful of sour cream, into the sugar,butter and honey mixture. When the sour cream has been dissolved put in ½ c. flour. Continue to do this until all of the sour cream and flour have been used up. At the very end stir in the walnuts, then pour the dough into a greased pan.

Place into a preheated oven. Bake at 350 for 50 min.

Mary Hryhorenko

CHOCOLATE CAKE

1¼ c. flour
2/3 c. sugar
2 tsp. baking powder
½ tsp. soda
½ tsp. salt
¼ c. butter
1 egg
1 tsp. vanilla
1 c. milk
1 c.chipits - semi-sweet chocolate

Combine flour, sugar, baking powder, soda and salt - mix thoroughly. Add remaining ingredients - blend for ½ min. at low speed on a hand mixer. Beat at med. speed for 3 min. Put into greased and floured pan (8"). Bake at 350 for 40-45 min. Cool.

Mary Hryhorenko

CARROT CAKE

1½ c. cooking oil
2 c. sugar
5 eggs
2¼ c. flour
2 tsp. baking powder
1 tsp. soda
2 tsp. cinnamon
1 tsp. salt
2 tsp. vanilla
2 c. grated carrots
1 c. crushed pineapple
½ c.nuts

Beat oil and sugar in large bowl. Beat in eggs (one at a time) beating after each addition. Sift together dry ingredients, add with vanilla, carrots, pineapple, and nuts to sugar mixture. Pour into 14x10 pan. Bake 1 hr.at 350 degrees F.

Anne Wasiuta

FLUFFY BANANA CAKE

½ c. butter
1 c. sugar
2 eggs
1 c. mashed bananas
2 c. Velvet cake flour
2 tsp. baking powder
1 tsp. baking soda
1/8 tsp. salt
4 tbsp. sour milk
1 tsp. vanilla

Sift together 2 c. flour, baking powder and baking soda and salt. Put into large bowl of Mixmaster ½ c. butter, sugar, 2 eggs, unbeaten and vanilla. Beat on high speed for 1½ min., scrape bowl while beating. Stop mixer, add ¼ c. sour milk. Add sifted dry flour mixture alternating it with mashed bananas while beating at low speed.

Scrape bowl while beating and beat only enough to blend, about 2 min. Pour batter into prepared pans. Bake at 350 degrees until done - about 1 hr.

Anna Ozimok

CARROT CAKE

2 c.sifted flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
¼ tsp. salt

Set aside.

(continued)

1½ c. salad oil
2 c. sugar
4 eggs
2 c. grated carrots

Combine salad oil, sugar, 4 eggs (one at a time), beat well after each. Gradually add dry ingredients mixing well. Add 2 c. grated carrots. Mix until properly blended. Grease and flour a pan about 8x8, spoon the mixture in and bake at 350 degrees F. for 50-60 min. Delicious with nut icing.

Mrs. S. Kriz

CRUNCHY CARROT CAKE

4 eggs, beaten
2 c. sugar
2 c. grated raw carrots
3 c. sifted all purpose flour
1 tsp. salt
3 tsp. baking powder
½ tsp. baking soda
1 c. salad oil
1 tsp. vanilla
½ c. grated walnuts

Topping - 2 tbsp. butter, melted
½ c. brown sugar
¼ c. chopped nuts
2 tbsp. milk

Grease and flour 9½" tube pan. Sift together dry ingredients. Beat eggs, gradually blend in sugar then grated carrots. Add vanilla and nuts. Add dry ingredients alternately with oil.

Bake at 375 degrees F. for 45 min. Remove from oven and quickly spread on topping which has been mixed togetner and return to oven for 15 min.

Betty Worster

HARVEY WALLBANGER CAKE

1 pkg. yellow cake mix
1 pkg. vanilla instant pudding (3-3/4 oz.)
½ c. liquid shortening
4 eggs
¼ c. vodka
¼ c. Galliano
3/4 c. orange juice

(continued)

Mix all ingredients together and beat for 4 min. Pour batter into well greased and lightly floured bundt pan. Bake at 350 degrees F. for 45-50 min. Dust with confectioner's sugar or frost with orange glaze.

Doris Kozak

FUDGE CAKE

1 c. brown sugar
½ c. butter
2 egg yolks
½ c. flour
2 tbsp. cocoa
1 tsp. vanilla
½ c. walnuts
2 egg whites beaten stiff

Cream sugar and butter, add egg yolks. Combine flour and cocoa - add to the creamed mixture. Add vanilla and walnuts, mix well. Lastly add beaten egg whites.

Bake in a square pan about 20 min. or until firm to touch, not too much. While still hot, place miniature marshmallows on the cake covering the whole area. Cover with a tea towel until cool.

Ice with - ½ tbsp. butter
1 tbsp. cocoa
¼ c. hot water
Icing sugar to make spreading consistency
½ tsp. vanilla

Spread over the now cooled marshmallows. Cut in squares.

Kaye Solomon

COCONUT CAKE

6 eggs
1½ c. sugar
1/3 lb. butter
1 c.milk
1 pkg. (7 oz.) long coconut
4 tsp. baking powder
1 tsp. vanilla
2 c. flour

Mix cake ingredients and bake at 360 degrees F. for 30-40 min.

(continued)

When done pour syrup (below) over cake. While the syrup is wet sprinkle with short coconut.

Syrup - 1½ c. sugar 1½ c. water

Bring syrup to a boil and put in a few drops of lemon.

Mary Procajlo

WALNUT CHIFFON

9 eggs
4 oz. walnuts, ground fine
9 tbsp. sugar
2 tbsp. flour
4 tbsp. fine bread crumbs
¼ tsp. salt
1 tsp. vanilla

Icing - ½ lb. sweet butter
1 egg
½ lb. icing sugar
3 tbsp. cocoa
¼ tsp. instant coffee

Mix until fluffy.

Beat egg whites stiff, adding salt. Rub flour into rolled nuts. Beat sugar with egg yolks until creamy. Gradually add bread crumbs. Gradually add batter to egg whites.

Bake in a loose bottom tube pan at 325 degrees F. for 60 min. or until browned. Chill before removing from pan.

A. Batrynchuk

PHILADELPHIA CREAM CHEESE FRUIT CAKE

1-8 oz. pkg. Philadelphia cream cheese
½ lb. margarine
1½ c. white sugar
2¼ c. sifted flour
1 c. mixed fruit
½ c. chopped nuts
4 eggs
1½ tsp. vanilla
1½ tsp. baking powder

Blend together soft cheese, margarine, sugar and vanilla.

(continued)

Add eggs, one at a time, beating well. Gradually add flour, (put some of the flour on the mixed fruit). Add mixed fruit last.

Grease 10" tube pan or 9x9 square pan, sprinkle with ½ c. crushed nuts. Pour batter over nuts. Bake at 325 degrees for 1 hr. and 20 min. Cool in pan before removing cake.

Olga Stasuik

MOIST APPLE CAKE

2 c. whole wheat flour
¼ c. toasted wheat germ
2 tsp. soda
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. salt
4 c. diced apple - 4 large
½ c. white sugar
½ c. brown sugar
½ c. oil
2 eggs, well beaten
1 tsp. vanilla
½ c. chopped nuts

Sift flour, wheat germ, soda, spices and salt - set aside.

In a large bowl combine apple, sugars, oil, nuts, egg, vanilla. Stir gently, adding the flour mixture with wooden spoon.

Turn into a greased 13x9x2 pan. Bake in 350 degree oven for 50 min. or until cake pulls away from sides of the pan. Cool on a rack. Sprinkle sifted icing sugar on top. Cut in squares.

Kaye Solomon

APPLE CAKE

½ c. oil
1 c. sugar
1 c. flour
1 tsp. vanilla
2 tsp. baking powder
5 apples
4 eggs

Mix sugar, eggs, sugar and vanilla. Beat until light. Add oil - mix, then add your flour, baking powder - beat until smooth. Peel and slice apples very thin in bottom of pan, greased with margarine. Put in fine bread crumbs before your sliced apples. Pour batter over.

(continued)

Bake in 350 degree oven for 45 min. or until brown. If you want a large cake make it twice.

Elizabeth Ewanic

CARROT CAKE

2 c. all purpose flour	1½ c. granulated sugar
1½ tsp. baking powder	1 c. vegetable oil
1 tsp. baking soda	4 large eggs
1 tsp. salt	½ tsp. vanilla
½ tsp. cinnamon	4 c. grated carrots
¼ tsp. allspice	½ c. chopped walnuts

Preheat oven to 350 degrees F. Lightly grease and flour a 9x13 cake pan. Stir flour, baking powder, soda, salt and spices together with a fork until blended. Set aside.

In the large mixing bowl of Mixmaster, beat the sugar and oil together until well blended. Beat in eggs, one at a time. Add vanilla. Gradually beat dry ingredients into egg mixture. Stir in carrots and nuts.

Turn into prepared pan and bake in preheated oven for 40 min.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

HONEY LAYER CAKE

3 c. flour	
2 tbsp. lard or butter	1 c. sugar

Mix together as you would a pie dough.

1 tsp. baking soda	3 whole eggs
2 tsp. baking powder	1 c. milk
2 tbsp. honey	

Mix together until it forms a dough. Knead dough until smooth. Add as much flour as needed. Make 4-5 balls, roll and bake at 375 degrees F.

(continued)

Filling - 4 c. milk
1½ c. cream of wheat
1 tbsp. vanilla

Cook until thickened and cool.

1 lb. butter
2 c. sugar

Mix well with mixer - add cream of wheat, spoonful at a time. Mix well until smooth.

Mrs. E. Ewaskiw

BANANA CAKE

1 c. sugar
2 eggs
½ c. oil
1 tsp. baking soda
4 tbsp. sour cream
2 tsp. baking powder
1-3/4 c. flour
1 tsp. vanilla
¼ tsp. salt
1 c. mashed bananas

Add sugar to well beaten eggs, mix well. Add oil and mix again. Add bananas and vanilla - beat well. Mix together sour cream and baking soda, add to egg mixture. Sift flour with baking powder and salt. Add to mixture and beat well.

Bake in 8" cake pan at 350 degrees for 50 min.

Mrs. Mary Sills

BLUEBERRY CAKE

2 eggs, separated
1 c. sugar
½ c.shortening
¼ tsp. salt
1 tsp. vanilla
1½ c. all purpose flour
1 tsp. baking powder
1/3 c. milk

Beat egg whites until stiff. Add about ¼ c. sugar to keep stiff. Cream shortening, and add vanilla, salt, remaining sugar and egg yolks. Beat well. Sift flour with baking powder - add alternately to creamed mixture with milk. Fold in egg whites, then blueberries (note - coat berries with about 1 tbsp. of flour).

(continued)

Put into greased pan. Top with a little sugar. Bake at 350 degrees F. for about 50 min. Serve with vanilla ice cream.

Mary Spilchuk
Stoney Creek, Ont.

MATRIMONIAL CAKE

1 c. flour
2 c. porridge
3/4 c. brown sugar
1 tsp. soda
3/4 c. shortening
Pinch of salt

Stir all these together. Put half of it into the pan. Fry about 2 c. dates with a few spoons of brown sugar and put into pan. Add the rest of the dry ingredients on top. Bake in a moderate oven 30 to 45 min.

Mrs. Jean Dybacz

NANAIMO BARS

½ c. butter or margarine
¼ c. white sugar
1 egg
4 tbsp. cocoa
2 c. graham wafer crumbs
1 c. coconut
½ c. chopped nuts
¼ c. butter
3 tbsp. milk
2 tbsp. vanilla custard powder
2 c. icing sugar, sifted
4 sq. semi-sweet chocolate
1 tsp. butter

Mix ½ c. butter, white sugar, egg and cocoa. Set over boiling water and stir until mixture resembles a custard.

Combine crumbs, coconut and nuts. Combine with the custard mixture, blending well. Spread and press tightly into 9x9 pan. Cream ½ c. butter, milk, custard powder and icing sugar. Spread over mixture in pan.

Melt the chocolate over hot water, add butter and blend well. Spread over the icing. Let set. Chill and keep refrigerated. Makes about 2 doz. bars.

Tillie Straka

WALNUT BARS

½ c. soft butter
½ c. brown sugar
1 c. flour

Cream butter until fluffy, work in flour until smooth. Spread in 9" ungreased pan. Bake at 350 degrees for 10-12 min.

2 eggs
1 c. brown sugar
1 tsp. vanilla
¼ tsp. salt
1 tbsp. flour
¼ tsp. baking powder
1½ c. chopped walnuts

Beat eggs, add sugar - beat well. Add remaining ingredients and mix well. Spread over crust and bake at 375 degrees for 20 min.

Dorothy J. Pidsadny

APPLE BAR

1½ c. flour
3/4 c. brown sugar
3/4 c. butter
½ tsp. baking powder
Pinch of salt

Crumble above ingredients - put ½ mixture on bottom of square cake pan. Spread apple sauce to desired thickness over mixture. Spread rest of mixture over apple sauce.

Bake at 350 degrees F. until golden brown (about 45 min.). When serving, top with cream.

Mrs. Winnie Fink

BROWNIES

Melt in a pan - 1/3 c. shortening and 1½ sq. bitter chocolate. Remove from stove. Then add -

2 eggs
1 c. sugar
1 tsp. vanilla
½ c. sifted flour
½ tsp. baking powder
¼ tsp. salt
1 c. nuts

(continued)

Blend well. Bake in 8x8x2 pan in 375 degree oven for 30 min.

Kaye Solomon

VANILLA SQUARES

Graham crackers
Vanilla instant pudding - 4 serving size
1½ c. milk - whipping cream or Dream Whip - 1 pkg.
2 sq. semi-sweet chocolate
melted with 1 tbsp. butter

9x13 pan

Layer graham crackers on bottom of pan. Pour vanilla pudding mixed with 1½ c. milk on top and chill. Prepare whipping cream or Dream Whip (sweeten with a bit of icing sugar if necessary.) Pour over pudding - add another layer of graham crackers, top with icing or dribble semi-sweet chocolate over top. Put in fridge.

ICING - icing sugar and milk.

Doris Kozak

MARSHMALLOW SQUARES

3/4 c. brown sugar	½ tsp. vanilla
¼ c. melted butter	½ c. flour
1 egg	½ tsp. baking powder
2 sq. melted chocolate	½ c. chopped walnuts

Mix ingredients in order given. Spread mixture evenly in shallow greased pan and bake at 325 degrees F. for approx. 20 min. Remove from oven and immediately spread marshmallows cut in halves on top of square. Let cool a few min. and ice with chocolate icing.

Icing - 1 c. icing sugar	1 tsp. butter
2 tsp. cocoa	1 tsp.vanilla

Mix with condensed milk and spread over marshmallows while hot.

Mrs. Winnie Fink

104 - Hamilton, Ont.

PINEAPPLE SQUARES

1 c. flour	½ c. butter
1 tsp. baking powder	1 egg
¼ tsp. salt	1 tbsp. milk

Mix the above as pastry. Pat into a greased pan. Spread with pineapple marmalade. Top spread - ½ c. sugar, 1 egg, 1 c. coconut, 1 tbsp. melted butter, 1 tsp.vanilla.

Spread evenly over the marmalade in the pan. Bake 50 min. in 350 degree oven.

Mrs. Eva Ilkew

PINEAPPLE SQUARES

Filling - 2 cans crushed pineapple - 14 oz. size
½ c. water
1 c. sugar
4 tbsp. tapioca

Bring to a boil and cook for 5 min. Set aside to cool.

Dough - 1 c. shortening	1 tbsp. baking powder
1 c. sugar	1 tsp. salt
2 whole eggs	1 tsp. baking soda
½ c. milk	
5 c. flour	

DOUGH - beat until light then add ½ c. milk alternately with 5 c. flour, 1 tbsp. baking powder, 1 tsp. baking soda, 1½ tsp. salt. The beaters will not take the load of the 5 c. of flour so after 2 c. take off beaters and mix by hand.

Divide dough into 2 parts. Pat 1 part into greased 2x16x11 baking sheet. Add pineapple mixture, then tear wax paper the length of baking sheet and pat the other ½ dough on it. Put on top of pineapple mixture.

Bake at 350 degrees for 30 to 35 min. Sprinkle with chopped nuts and sugar. Cut into squares when cool. Also home-made plum jam can be used or any other filling you desire.

Tillie Straka

APPLE ROLLED OATS SQUARES

1½ c. sifted all purpose flour
¼ tsp. soda
¼ tsp. salt
1 c. firmly packed brown sugar
1½ c.rolled oats
3/4 c. butter
2-3/4 c.thinly sliced apples
3 tbsp. melted butter
3/4 tsp. cinnamon
2 tsp. lemon juice
¼ tsp. grated lemon rind

Sift first 3 ingredients together. In a large bowl mix in brown sugar and rolled oats, cut in butter until mixture is crumbly. Press ½ of mixture into the bottom of a well greased 9x9 cake pan. Reserve the rest.

Combine the remaining ingredients in a bowl - lightly toss to coat the apples evenly. Spread apple mixture over rolled oats base and sprinkle remaining crumbs over top and press in an even layer. Bake at 375 degrees for 40-45 min.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

MIRACLE BARS

Place in top of double boiler - ¼ c. butter, ¼ c. sugar and 5 tbsp. cocoa. Stir until smooth and add 1 large egg. Remove from heat and add -

2 c. graham cracker crumbs
1 c. desiccated coconut
3/4 c. chopped nuts

Spread in 9" pan and put in a cool place to set. Mix -

¼ c. butter
2 c. icing sugar
2 tbsp. custard powder
3-4 tbsp. cream - to spread

Spread over first mixture. Melt 2 sq. semi-sweet chocolate with 1 tbsp. butter. Spread over cake and allow to set for one day.

Olga Laliberte

CHINESE CHEWS

1 c. white sugar
1 c. chopped walnuts
1 c. chopped dates
3/4 c. pastry flour
2 tbsp. lemon juice
1 tsp. baking powder
Small amount of salt
2 eggs

Add sugar, dates and nuts - beat eggs and add dry ingredients. Mix lightly. Spread in a thin layer in a buttered pan.

Bake for 20 min. in a moderate oven. Cut in small squares and while warm roll in sugar.

Gloria Nytschyk

CHOCOLATE SQUARES

5 oz. butter
7 oz. sugar
4 oz. sq. chocolate
3 oz. flour
3 oz. coconut
4 eggs

Beat butter, sugar and yolks, add melted chocolate, flour and coconut then fold in stiffly beaten egg whites. Place on greased cookie pan and bake for 20 min. in 350 degree F. oven. Cut into squares.

Annie Procajlo

CHEWY BROWNIES

½ c. butter
2 eggs
1 tsp. vanilla
2/3 c. sifted all purpose flour
1 c.chopped walnuts
1 c. sugar
½ tsp. salt
2 sq. unsweetened chocolate

Mix butter in a bowl until creamy. Stir in sugar gradually. Beat until fluffy. Beat eggs into mixture one at a time. Stir in remaining ingredients, mix well. Pour into a greased 8x8 square pan. Bake at 350 degrees for 30-35 min. Cool and cut into squares. Makes 16 squares.

Annie Procajlo

DREAM BARS

Part 1 - 1/3 c. shortening
1/3 c. icing sugar
1 tsp. vanilla
1 egg yolk
1/3 c. sifted cake and pastry flour
¼ tsp. salt

Part 2 - ½ c. strawberry jam
1 egg and 1 egg white
1 c. brown sugar
2 tbsp. flour
½ tsp. salt
¼ tsp. baking powder
1 c. chopped nuts
½ c. flaked coconut
1 tsp. vanilla

Part 3 - 1 c. icing sugar
2 tbsp. hot milk
¼ tsp. vanilla

PART 1 - Cream shortening and 1/3 c. icing sugar together. Stir in 1 tsp. vanilla and egg yolk. Add flour and salt, mix well. Press dough into 8" square pan lined with wax paper. Bake at 350 degrees F. for 12 min.

PART 2 - Spread jam over baked crust. Beat egg and egg white until light. Add brown sugar, and beat until thick. Stir in remaining ingredients. Spread over jam. bake 25-30 min. at 350 degrees F.

PART 3- combine 1 c. icing sugar, milk and ¼ tsp. vanilla. Frost baked bars in pan while still warm, and cool in pan. Cut in 24 squares or bars.

Patricia Ozimok

PINEAPPLE SQUARES

Combine ½ c. butter and 2¼ c. graham wafer crumbs, and press into 8x10 pan; bake. Cream ½ c. soft butter. Blend in 1½ c. icing sugar. Add 2 unbeaten eggs. Beat until very light with beater, spread over wafer mixture. Drain - 1 can crushed pineapple (drain well). Fold into 1 c. cream, whipped. Spread over icing sugar mixture. Sprinkle wafer crumbs on top. If you like you can serve with thickened pineapple juice topped with a cherry.

Stella Storoschuk

CHERRY SQUARES

1 c. sugar
2¼ c. flour
1 c. Mazola oil
3 tsp. baking powder
3 eggs
Pinch of salt
1 tsp. vanilla
1 - 19 oz. can pie filling (calls for cherries but any pie filling will do)

Mix sugar, Mazola oil, 3 eggs, 1 tsp. vanilla. Add flour, baking powder and salt. Put half in bottom of 9x11 pan. Add filling, next add the other half.

Bake at 325 degrees for 1 hr. Sprinkle sugar on top.

Another filling - ½ c. white sugar
2 tbsp. cinnamon
1 c. crushed nuts

NOTE - if you use apple filling, sprinkle cinnamon and sugar on top.

Olga Laliberte

PINEAPPLE SQUARES

Part 1 - 3 tbsp. butter
3 tbsp. white sugar
1 egg
1 c. flour
1 tsp. baking powder

Part 2 - filling - 1-15 oz. can crushed drained pineapple.

Topping - 2 eggs, well beaten
1 tsp. melted butter
1 c. coconut
1 c. sugar

Cream sugar and butter, add well beaten egg. Sift flour and baking powder then add to creamed mixture. Mix and press into a 9x9 cake pan. Spread on the well drained pineapple then top with the topping mixture. Bake at 350 degrees F. for 35 min.

Anne Pidsadny

109 - Hamilton, Ont.

REGALA (JEWISH)

Dough - ½ lb. cream cheese
½ lb. sweet butter
2 c. all purpose flour

Filling - ½ c. white sugar
1 tsp. cinnamon
½ c. seedless raisins
3/4 c. finely chopped walnuts

Cream cheese and butter until fluffy. Beat in ½ c. flour at a time until dough can be gathered into a ball. Wrap in wax paper and place in freezer. Combine filling in a large bowl and mix well.

Roll dough between 2 pieces of wax paper 1/16" thick. Peel off top paper and using a 9" cake or pie pan as a guide, cut 2 circles of dough. Gather scraps to make more circles. Working with 1 circle at a time, cut in pie shaped wedges. Sprinkle with filling. Cover again with wax paper and roll lightly with rolling pin to press filling into dough. Remove paper and roll up wedges starting at wide end. Place on ungreased cookie sheet.

Bake at 350 degrees for 15-18 min. or until golden. Makes 4 doz.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

RAISIN-CREAM TARTS

2 c. raisins
3 tbsp. white sugar
3/4 c. whipping cream
2 eggs
1 tsp. vanilla
Cinnamon
Brown sugar
Nutmeg

Wash raisins well, combine raisins, 1 c. cold water, 2 tbsp. brown sugar, ¼ tsp. nutmeg and boil until all the liquid is absorbed - set aside until cool.

Line tart tins with unbaked pie crust and fill to ½ with raisins. Combine eggs, whipping cream, white sugar, ¼ tsp. cinnamon, 1 tsp. vanilla and beat with egg beater to smooth pouring consistency.

(continued)

Fill tarts with cream mixture, sprinkle more cinnamon on top.

Bake at 375 degrees until golden brown and set.

Mrs. Nettie Spilchak
Ituna, Sask.

DELICIOUS BUTTER TARTS

1½ c. currants or raisins
4 tbsp. butter
2 eggs
2 c. brown sugar
Few tsp. rum or rum flavouring
½ c. chopped nuts - Brazil or filberts or walnuts
Pastry

Soak currants or raisins in boiling water for a few min. until plump. Beat butter until creamy. Add eggs and brown sugar, beat until foamy. Add rum, chopped nuts and currants or raisins. Pour filling into uncooked shells. Bake at 375 degrees for 15-20 min.

Anna Ozimok

FAVOURITE PIE CRUST

5 c. sifted all purpose flour
1 tbsp. salt
1 lb. lard
1 tsp. baking powder
1 egg
1 c. milk
1 tsp. vinegar

Put flour, baking powder and salt into a large bowl. Add lard and blend with pastry blender or 2 knives. Beat egg, and add vinegar and milk, add to flour mixture. Work quickly to form a pastry. This will make about 5 average pies. Stores well in fridge.

Mrs. Nick Ozimok

NEVER FAIL PIE CRUST

5 c. flour
1 tsp. baking powder
1 tsp. salt
3 tsp. sugar
1 lb. lard

1 egg, slightly beaten
1 tbsp. vinegar
Water - enough with egg and vinegar to make 3/4 c.

Mix dry ingredients and sift together - cut dry ingredients into lard. Add water, vinegar and egg mixture and mix. Make into pie crust portions. Makes 5 pies. You can make 1 or 2 pies and the rest of the dough can be put in freezer and used at a later date.

Stella Storoschuk

PEACH PIE

6 large peaches
2 tbsp. flour
3 tbsp. butter

2 well beaten eggs
1 c. white sugar
¼ tsp. salt

Slice fruit into an unbaked pie shell, cream ingredients and pour over the fruit. Bake 10 min. at 450 degrees, reduce heat to 350 and bake for 40 min. Other seasonal fruit may be substituted.

Agnes Okrainetz

IMPOSSIBLE PIE

2 c. milk
½ c. sugar
½ c. Bisquick
½ c. coconut

¼ c. butter
1 tsp. vanilla
4 eggs

Blend at high speed for 1 min. Pour into greased pie plate. Bake at 350 degrees for 45-50 min. This mixture will form its own crust.

Dorothy J. Pidsadny

OLD FASHIONED PUMPKIN PIE

1 ready made pie crust
2 eggs
1-16 oz. can pumpkin (2 c.)
3/4 c. sugar
½ tsp. salt
1 tsp. cinnamon
½ tsp. ginger
¼ tsp. cloves
1-13 oz. can evaporated whole or skim milk (1-2/3 c.) or light cream

Heat oven to 425 degrees F. Prepare pastry for pie by defrosting it. Beat eggs slightly with rotary beater, beat in remaining ingredients. Pour into pie shell.

Bake 15 min. Reduce oven temp. to 350 (F.). Bake 45 min. longer or until knife inserted between centre and edge comes out clean. Cool. Serve topped with whipping cream.

Anna Gerasimchuk

WHY WAIT UNTIL I'M GONE?

When I quit this mortal shore,
And mosey around this earth no more,
Don't weep, don't sigh, don't sob -
I may have struck a better job.

Don't go and buy a large bouquet
For which you'll find it hard to pay,
Don't mope around and feel all blue -
I may be better off than you.

Don't tell folks I was a Saint,
Or any old thing I ain't,
If you have jam like that to spread,
Please hand it out before I'm dead.

If you have roses, bless your soul,
Just pin one in my buttonhole,
While I'm alive and well today -
Don't wait until I'm gone away.

Author Unknown

DESSERTS

OVEN TEMPERATURE CHART (Miscellaneous)

	Minutes	Temperature
Custard Cup	20 - 30	300
Custard Casserole	45 - 60	300
Souffle	50 - 60	325
Timbales	35 - 45	300
Rice Pudding	50 - 60	325

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	¼ c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	¼ c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tablespoonfuls of cold milk.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.

DESSERTS

CHRISTMAS PUDDING

3 eggs, well beaten
1 c. sugar
3/4 c. butter
¼ c. brandy or any other kind
1-3/4 c. flour
½ tsp. nutmeg
½ tsp. cinnamon
¼ tsp. salt
½ tsp. allspice
3 c. raisins
2 c. currants
2 c. walnuts
1 c. milk
1 tsp. baking powder
½ c. each red and green cherries

Cream butter and sugar then add milk and well beaten eggs. Sift flour, baking powder and spices. Add dry ingredients to the liquid mixture. Wash raisins, currants and add nuts, and cherries to the top mixture and mix well together.

Grease mould and fill about 3/4 full - cover with lid and set on rack in large kettle with boiling water halfway up the moulds. Cover kettle tightly. Steam for 3 hrs. or until done.

Add boiling water periodically to keep water at this level. Remove from kettle and allow to stand 24 hrs. Remove from the moulds - wrap in waxed paper and store in a dry place until Christmas.

Olga Bashnuk

ROYAL DESSERT

1 can drained tidbits
3 apples, unpeeled - cubed
4 oranges, cubed
3 bananas, cubed
½ c. miniature marshmallows
½ c. walnuts
¼ c.pineapple juice
1 c. whipping cream

Combine all ingredients except walnuts and chill for 2 hrs. Whip cream and fold in chilled fruits. Fold in walnuts. Serve with a cherry on top for added decoration.

Mary Hallas

CHOCOLATE NUT UPSIDE DOWN CAKE

10 tbsp. butter
¼ c. firmly packed brown sugar
2/3 c.light cornstarch
¼ c. heavy cream
1 c. broken walnuts
1-3/4 c. sifted cake flour
2 tsp. baking powder
¼ tsp. salt
1½ c. granulated sugar
2 eggs, separated
3 sq. unsweetened chocolate, melted
1 tsp. vanilla
1 c.milk

Melt 4 tbsp. butter in small sauce pan, stir in brown sugar heat until bubbly. Stir in corn syrup and cream, heat, stirring constantly just to boiling. Add nuts, pour into generously buttered 10" (12 c.) bundt pan. Let stand while preparing cake batter.

Sift flour, baking powder and salt onto wax paper. Beat remaining butter until soft in large bowl. Gradually beat in sugar until well combined. Beat in egg yolks, chocolate and vanilla until well combined. Add flour mixture alternately with milk beginning and ending with flour.

Beat egg whites until stiff in a small bowl. Fold into cake batter. Spoon batter evenly over nut mixture in pan. Bake in moderate 350 degree oven for 45 min. or until cake tester inserted in centre comes out clean.

Loosen cake from edges with a small knife, cover pan with serving plate, invert, shake gently then lift off pan. Scoop out any nuts and syrup clinging to pan onto cake with rubber scraper. Serve with whipped cream.

Eleanor Smook

RHUBARB CRISP

Place 4 c. cut rhubarb in greased casserole. Sprinkle with nutmeg and ½ c. sugar then mix -

6 tbsp. brown sugar
3 tbsp.butter
¼ c. flour
3/4 c. oatmeal
¼ tsp. salt

Sprinkle this mixture over rhubarb. Bake in 350 degree oven for 35 min. Serve hot or cold with cream. Delicious.

Gloria Nytschyk

116 - Hamilton, Ont.

RHUBARB CRUMBLE

Rich, luscious and fail-proof this is one of my favourites.

4 c. diced rhubarb
1 c. all purpose flour
3/4 c. regular rolled oats - not instant
1 c. brown sugar, packed
1 tsp. each salt and cinnamon
½ c. melted butter

Sauce - 1 c. granulated sugar
1 tbsp. cornstarch
1 tsp. vanilla extract

Mix first 5 ingredients with butter and firmly press half into a buttered 9" square pan, (or a large pie plate if you like to serve it at the table). Spread rhubarb evenly over crumbs. Mix sauce ingredients with 1 c. water in a sauce pan and cook over moderate heat until thick and clear,

Pour evenly over rhubarb. Sprinkle remaining crumbs and bake in a 350 degree oven for 1 hr. or until golden brown. Serve warm or cold with ice cream. This is also great with other fruits, plums, apples, peaches, some need less sugar.

Stella Storoschuk

CHEESE CAKE

30 graham wafers, crushed
½ c.melted butter
3 tbsp. sugar
Bit of vanilla

Filling - 1 lb. cream cheese (Philadelphia)
½ c. sugar
1 heaping tbsp. flour
2 egg whites
Bit of vanilla

Cream cheese well, add sugar and beat well. Add flour and egg yolks - beat well. Add egg whites last and vanilla.

(continued)

Put ½ of first mixture in the bottom of the pan then put cheese mixture. Spread rest of the cracker crumb mixture on top. Add 10 to 12 cut up cherries in the cheese filling.

Bake at 350 degrees for 25 min.

Stella Storoschuk

BREAD PUDDING

4 slices bread
5 c.milk, scalded
2 eggs
½ c. sugar
¼ tsp. cinnamon
¼ tsp. mace
½ c. raisins
¼ tsp. nutmeg

Mix all together in an 8x3 pan or a casserole dish and bake in 350 degree oven for ½ hr.

Stella Storoschuk

APPLE BETTY

4 c. sliced apples
¼ c.orange juice
1 c. white sugar
3/4 c. flour
¼ tsp. cinnamon
1/8 tsp. nutmeg
¼ tsp. salt
¼ lb. butter or margarine

Put sliced apples into a buttered 8-9" casserole dish. Add ¼ c. orange juice. Combine in a bowl sugar, flour, cinnamon, nutmeg, salt.Cut in ¼ lb. butter or margarine. Sprinkle over apples.

Bake at 375 degrees for 30-35 min.

Anne Wasiuta

PAVLOVA OR SCHAUM TORTE

6 egg whites - room temp.
2 tsp. lemon juice
1 tsp. vanilla
½ tsp. cream of tartar
¼ tsp. salt
2 c. sugar
2 c. fresh strawberries or blueberries or any fruit of your choice - you may use canned fruit well drained,
½ pt. whipping cream, whipped

(continued)

Beat egg whites until frothy - with salt and cream of tartar. Add vanilla and lemon juice then 2 c. of sugar, a little at a time, beat until very stiff.

Butter spring form pan, bake at 275 degrees for 2 hrs. Cool, slice or break off top, fill with whipped cream and fruit. Serves 6 to 8.

Mrs. S. Kriz

HUNGARIAN CHEESE CAKE

Crust - 2 c. all purpose flour
1 pkg. dry yeast
2 egg yolks
1 oz. rum
Pinch of salt
3 tbsp. sugar
½ c. unsalted butter
3 tbsp. sour cream
1/3 c. lukewarm water

To warm milk, add sugar and yeast. When mixture doubles in bulk, add to flour. Add all other ingredients and knead into ball. Let stand 20 to 25 min. Roll out about thickness of your small finger and put into greased 9x13 pan. Spread with filling.

Bake at 350 degrees for 25 min. Spread with meringue and bake for additional 10 min. Cut into small squares to serve.

Filling - 1 lb. cottage cheese - put through potato ricer
1 c. sugar
½ c. raisins
2 egg yolks
2 tbsp. cream of wheat
1 tbsp. grated lemon peel

Combine all ingredients and spread over cheese cake dough before baking.

Meringue - 4 egg whites and 2 tbsp. icing sugar. Beat egg whites stiff but not dry. Beat in sugar. Proceed as above.

Mary Hryhorenko

119 - Hamilton, Ont.

APPLE CRISP

2 lb. tart green apples - 5 - 5½ c. sliced
¼ c. water
½ c. sugar
½ c. brown sugar
½ tsp. nutmeg
½ tsp. cinnamon
¼ tsp. salt
3/4 c. flour
½ c. butter

Peel the apples, and slice them thinly. Put them in a casserole (shallow - 1 qt.) and sprinkle them with the water. Put them aside while you prepare the crust.

Sift together the dry ingredients and cut in the butter until all is combined. Sprinkle this mixture thickly and evenly over the apples. Do not mix.

Cover the casserole and bake at 350 degrees F. for ½ hr. then uncover and bake another ½ hr. so that crust will be crisp.

Mary Jean Procajlo

CHEESE CAKE

2½ c. graham wafer crumbs
½ c. sugar
½ c. melted butter or margarine
5 egg whites
¼ c. sugar
1 lb. cream cheese
5 egg yolks
2/3 c. sugar
3 tbsp. lemon juice
¼ c. flour
1 tsp. vanilla
1 c. thick dairy sour cream

Preheat oven to 325 degrees F. Mix crumbs, ½ c. sugar and butter. Press almost all mixture on sides and bottom of pan, reserving some for topping.

BLat egg whites until stiff, but moist peaks - gradually beat in ¼ c. sugar until stiff and shiny. Cream the cheese, beat in yolks one at a time, then gradually beat in 2/3 c. sugar, lemon juice, flour, vanilla and sour cream. Fold in egg white mixture. Pour into prepared pan. Sprinkle with reserved crumbs. Bake in 325 degree oven for 1¼ hrs. or until almost set. Top with fruit pie filling if desired. Use 9x12 pan.

Irene Jean Marshall

120 - Hamilton, Ont.

CHEESE CAKE

Bottom - ½ c. butter
½ c. white sugar
2 egg yolks
1 egg white
1 tbsp. sour cream
1 tsp. baking powder
2 c. flour

Top - 2 lb. cheese, hard cottage cheese
8 egg yolks
6 egg whites
1 c. sugar
½ c. butter
1 tsp. vanilla

BOTTOM - Mix ingredients together. Press mixture evenly onto bottom and sides of 8x12 pan.

TOP - Grind cheese through a grinder. Mix together butter, vanilla, cheese, sugar and egg yolks and cream. Stiffen egg whites and add to mixture at the end. Pour mixture into pan. Bake for 1 hr. at 350 degrees F.

Mrs. Annie Procajlo

CHOCOLATE TORTE

Dough - 1 egg
2½ c. flour
1 c. sugar
1 c. melted butter
1/8 tsp. soda

Cream sugar and egg - add melted butter, flour and soda. Divide batter in four. Line bottom of four layer pans and bake in 350 degree oven until light brown. Turn out of pans and cool.

Filling - 2 pkg. chocolate Jello pudding - prepare according to instructions. Spread between layers of dough very generously. After top layer and sides have been spread sprinkle with chopped nuts or coconut. Let stand overnight in fridge.

CHERRY CHEESE CAKE

2 c. graham cracker crumbs
½ c. melted butter
¼ c. sugar
8 oz. Philadelphia cream cheese
1 tsp. vanilla
2 pkg. Dream Whip
1 or 2 cans cherry pie filling
1 c. icing sugar

(continued)

CRUST - combine the cracker crumbs, melted butter, sugar all together. Spread over 9x13 pyrex pan.

Filling - combine cream cheese, icing sugar, vanilla all together. Also prepare the Dream Whip as per pkg. instructions. Mix all together. Spread over the cracker crumbs. Chill for a few hrs.

Top if desired with the can of cherry pie filling or any other canned pie filling. Chill a few hrs. before serving.

Mrs. C. Kelly

MIAMI DESSERT

1½ c. graham wafer crumbs
2 tbsp. sugar
¼ c. melted butter

½ c. butter
1½ c. icing sugar
1 tsp. vanilla
2 eggs

20 oz. can crushed pineapple
1 small carton whipping cream, do not add sugar

Combine the first 3 ingredients and press into a 9x13 pan. Put in the fridge for 10 min. Next mix butter, icing sugar, vanilla and eggs and place on top of graham cracker crumbs. Drain 20 oz. can of crushed pineapple and place on top of filling. Take a small carton of whipping cream, whipped, and cover crushed pineapple. Cover with waxed paper and store in fridge overnight.

Jacquie Metzinger

JELLY ROLL PIE

20 oz. can crushed pineapple, drained
1 raspberry Jelly roll - sliced
1 Jello vanilla pudding powder, to cook
½ pt. whipping cream

Mix pudding powder with drained pineapple juice and enough water to make 1½ c. liquid. Slowly bring to a boil, stirring constantly. Cool a bit and add crushed pineapple. Let it cool down, add whipped cream. Arrange slices of jelly roll in a pie tin and pour mixture over. If desired, top can be garnished with chopped nuts, chopped maraschino cherries, etc. Keep pie chilled and serve cold.

Mrs. Leta Vinall
122 - Hamilton, Ont.

STRAWBERRY DELIGHT

1 carton frozen strawberries
1 small box strawberry Jello
½ pt. whipping cream

Partially thaw strawberries. Prepare Jello as directed on box using only 1 c. water. Allow Jello to partially set, not hard. Prepare whipping cream and sweeten to taste. Fold the whipping cream into the Jello. Add the strawberries to the mixture. Allow to set in fridge until needed.

Geraldine Labelle

COFFEE ICE CREAM

2½ c.milk
1½ c.sugar
2 eggs, beaten
½ c. strong, black coffee - cold
½ tsp. salt
1 c. heavy cream, whipped
1 tsp. vanilla
3 tsp. Cointreau
grated chocolate

Warm the milk, making sure that it does not boil, add the sugar and stir until dissolved. Pour this mixture slowly over the beaten eggs and continue beating until well blended.

Pour into a double boiler and stir until the mixture is smooth and thick enough to coat the back of the spoon. (this will take about 25 min.). Pour into fridge trays and chill for 20 min. Stir in the cold coffee, salt and heavy cream and mix thoroughly. Place in the freezer compartment. When the ice cream is almost frozen, stir in the vanilla and Cointreau. To serve, garnish with grated chocolate.

Anna Gerasimchuk

BROKEN GLASS TORTE

1-3 oz. pkg. lemon Jello	½ c. sugar
1-3 oz. pkg. lime Jello	1 envelope plain gelatin
1-3 oz. pkg. cherry Jello	¼ c. cold water
3 c. hot water	1 c. hot pineapple juice
2 c. graham wafer crumbs	½ c. sugar
½ c. melted butter	1 tsp. vanilla
	2 c. cream, whipped

Dissolve each of the Jello pkg. separately in 1 c. boiling water. Pour jelly individually into 3 greased cake pans and chill until firm. Cut jellies, into ½" cubes using a wet knife.

Combine wafer crumbs,melted butter and sugar together and line a 9x13 pan with 2/3 of the mixture. Soften 1 envelope gelatin in ¼ c.cold water and add to hot pineapple juice. Stir until well dissolved and allow to cool. Add ½ c. sugar and vanilla gradually to whipped cream and whip mixture until stiff. Fold gelatin mixture into the whipped cream and carefully blend in the coloured jelly cubes. Turn the pineapple whipped cream mixture into prepared pan and top with remaining crumbs.

Chill 6 to 12 hrs. or until firm.

Mary Swinarchin

QUICK PIE

Graham wafer or baked shell	1 c. whipping cream
Can of desired pie filling	1 tsp. lemon juice
20 large marshmallows	1 tbsp. water

Heat slowly - water, lemon juice, marshmallows to melt marshmallows. Chill. Whip cream, fold into marshmallow mixture. Top pie - chill for 4 hrs.

Anna Batrynchuk

NO COOKING RING-AROUND-THE-STRAWBERRY

1 double size strawberry jelly powder - 6 oz.
¼ c. sugar
2 c. boiling water
1½ c. cold water
1 pt. strawberries, halved
1-8 oz. pkg. cream cheese at room temp.
1 tsp. vanilla

Dissolve jelly powder and sugar in boiling water. Add cold water. Chill 2½ c. gelatin until thickened, leaving remaining gelatin at room temp. Add strawberries to thickened gelatin, pour into a 6 c. ring mould. Chill until set but not firm. Beat cream cheese until smooth, gradually add reserved gelatin and vanilla beating until well blended. Spoon over gelatin in mould. Chill until firm at least 3 hrs. Unmould.

Makes about 6 c. or 10 to 12 servings.

Mrs. S. Kriz

CANDY, JELLY & PRESERVES

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 - 234 degrees
Soft ball	234 - 238 degrees
Medium ball	238 - 244 degrees
Firm ball	244 - 248 degrees
Hard ball	248 - 254 degrees
Very hard ball	254 - 265 degrees
Light crack	265 - 285 degrees
Hard crack	290 - 300 degrees
Carmelized Sugar	310 - 338 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234 - 236 degrees, soft ball
Fondants (mints, etc.)	238 - 240 degrees, soft ball
Marshallows	238 - 240 degrees, medium ball
Caramel mixtures	246 - 252 degrees, firm ball
Taffies	265 - 270 degrees, hard ball
Butterscotch	290 - 300 degrees, crack
Brittles	300 - 310 degrees, hard crack

BOILED FROSTINGS

1 egg white to 1 c. sugar	—	238 - 242 degrees, soft ball or thread
2 egg whites to 1 c. sugar	—	244 - 248 degrees, soft ball or thread
3 egg whites to 1 c. sugar	—	254 - 260 degrees, firm ball or long thread

LAURA SECORD FUDGE

454 ml. brown sugar
30 ml. flour
114 ml. milk
2½ ml. baking powder
15 ml. butter
5 ml. vanilla

Boil until it forms a soft ball (234 degrees F.), when dropped in cold water. Add baking powder, vanilla, butter. Beat until it begins to set - add nuts or cocnut. Quickly spread in buttered shallow pan.

Betty McLachlan

TURTLES

½ lb. soft caramels
2 tsp.whipping cream
1 c. pecan halves
4 sq. chocolate

Melt caramels with cream. Cool 10 min. Place pecan halves on wax paper in clusters of 3. Spoon caramel mixture over nuts. Let stand ½ hr. Melt chocolate and spread over caramel mixture.

Sonnia Pudlo

FUDGE

1 c. brown sugar
1 c.white sugar
¼ c. corn syrup
¼ c. butter
½ c.milk
2 tsp. cocoa
1 tsp. vanilla

Combine sugar, syrup, butter and milk. Boil 2 min. then add 2 tsp. cocoa and 1 tsp.vanilla. Boil 5 min. more. Beat until thick.

Faye Berdan

RHUBARB JAM

5 c. rhubarb
3-3/4 c. sugar
1 pkg. red jelly powder

Boil first 2 ingredients for 10 min. Add jelly powder and boil 10 min. Makes 2½ pts.

Rose Kaluzny

BEET JELLY

3 c. beet juice
4 c. sugar
1 pkg. Certo
1½ box grape or cherry Jello
3/4 tbsp. lemon juice

Bring to boil with Certo for 2 min. Add lemon juice, sugar, Jello powder and boil together for 5 min. Fill jars.

Agnes Okrainetz

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IN THIS BOOK

MISCELLANEOUS

TIME TABLE FOR COOKING CEREALS

CEREAL	QUANTITY	SALT	WATER	TIME	AMOUNT WHEN COOKED
Cracked Wheat	1 cup	1 tsp.	3 c.	2 hrs.	3 cups
Farina	1 cup	1 tsp.	4 c.	30 mins.	3¾ cups
Macaroni	1 cup	1 tsp.	4 c.	25 mins.	2¼ cups
Oatmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups
Rice	1 cup	1 tsp.	8 c.	40 mins.	4 cups
Rolled Oats	1 cup	1 tsp.	2¼ c.	30 mins.	2 2/3 cups
Buckwheat	1 cup	1 tsp.	4 - 6 cups	40 mins.	3 cups
Cornmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups

FRIED FOOD TIME TABLE

	TEMP. of FAT	TIME in MINUTES
Croquettes of cooked food	375 - 385	2 to 4
uncooked food	370	5 to 6
Doughnuts	375	2 to 3
Fritters	365 - 375	2 to 5
French Fried Potatoes	370	5 to 7
thin	390	1 to 1½
Vegetable rings	375 - 380	2 to 3
Oysters	375	1 to 2
Small Fish	375 - 385	2 to 5

APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

1 tsp. baking powder	=	¼ tsp. soda and ½ tsp. cream of tartar
1 cup cake flour	=	7/8 cup or 1 cup less 2 Tbsp. all purpose flour
1 square chocolate	=	3 Tbsp. cocoa plus 1½ tsp. fat
1 cup thin cream (18 - 20%)	=	7/8 cup milk plus 3 Tbsp. fat
1 cup heavy cream (36 - 40% fat)	=	¾ cup milk plus 1/3 cup fat
1 cup sour or butter milk	=	1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 1/3 cups firmly packed brown sugar	=	1 cup granulated sugar
1 lemon	=	3 to 4 Tbsp. juice
Grated rind of 1 lemon	=	1½ tsp. juice
1 orange	=	6 to 8 Tbsp. juice
12 to 14 egg yolks	=	1 cup
8 to 10 egg whites	=	1 cup
1 Tbsp. cornstarch	=	2 Tbsp. flour (when thickening)
9 coarsely crumbled graham wafers	=	1 cup
11 finely crumbled graham wafers	=	1 cup
7 coarsely crumbled salt crackers	=	1 cup
9 finely crushed salt crackers	=	1 cup
1 cup evaporated milk + ½ cup water	=	1 cup milk

CONTENTS OF STANDARD CANS

Picnic	1¼ cups	No. 2½	3½ cups
No. 300	1¾ cups	No. 3	4 cups
No. 1 Tall	2 cups	No. 5	7 1/3 cups
No. 303	2 cups	No. 10	13 cups
No. 2	2½ cups		

HOMEMADE DUMPLINGS

1 egg, slightly beaten
1 tsp. salt
2 c. flour, sifted
¼ c. butter

Combine all except butter and add about 1 c. water, enough to dampen all but just to the point where batter can be cut with a knife. Stir until perfectly smooth.

Heat about 6" of water in large pot. Add 2 tsp. salt to boiling water. When water is boiling, spoon small amounts of batter, about the size of two peas, into boiling water, dipping spoon each time to remove batter. Boil gently for about 8 min. or until soft. Do not let dumplings pile up in water. Remove one layer to drain before beginning another. Add butter to drained noodles and keep warm.

Mrs. E. Ewaskiw

COTTAGE CHEESE SOUFFLE

2 tbsp. butter
2 tbsp. green onion
2 tbsp. flour
½ tsp. salt
1 c. cottage cheese, fairly dry
4 eggs, separated

Flake cottage cheese, add flour and salt - mix - then add milk and green onion. Add beaten egg yolks, fold in beaten egg whites. Using a 10" teflon pan, melt the butter - pour mixture in and bake in 300 degree F. oven for 35 min. or until puffed and brown.

Anna Batrynchuk

YORKSHIRE PUDDING

½ c. plus 2 tbsp. sifted all purpose flour
½ tsp. salt
2 eggs
1 c. milk Roast beef drippings

Sift flour with salt in a med. sized bowl. Make a well in centre of it. Drop in eggs and pour in milk. Beat with large fork until smooth. Let stand at room temp. When roast beef is done, remove from oven and keep warm. Increase oven temp. to 450 degrees. Pour 3-4 tbsp. beef drippings from roasting pan into 9x9x2 pan. Set in oven until drippings are sizzling hot, then pour batter over them.

Bake 20-25 min.or until puffy and golden. Cut into squares and serve immediately with roast beef. Makes 4-6 servings. Make gravy from balance of drippings.

Mary Jean Procajlo

CHEESE SOUFFLE

¼ c. flour 3/4 tsp. salt
1 c. milk 1/8 tsp. pepper
¼ c. butter ¼ tsp. dry mustard
¼ lb. sliced process sharp cheddar cheese
4 eggs, separated

Melt butter, stir in flour then milk, cook, stirring constantly, until thickened. Add cheese, stir until smooth. Remove from heat. Beat egg whites with salt until stiff but still glossy. To egg yolks add pepper,mustard and cheese sauce - beating constantly with spoon. Gradually fold into egg whites. Pour into ungreased 1½ qt. casserole.

Bake about 60 min. in 325 degree oven or until silver knife inserted in centre comes out clean.

Mary Jean Procajlo

COTTAGE CHEESE SOUFFLE

4 eggs, separated
½ lb. cottage cheese
2 tbsp. flour
4 tbsp. milk
Pinch of salt
Chopped green onion

Flake cheese - rub in egg yolks - add other ingredients. Add beaten egg whites. Bake in a teflon pan or casserole at 350 degrees until puffed and brown.

Doris Kozak

CHESTNUT STUFFING

5 c. soft bread crumbs
1 tsp. salt
¼ tsp. pepper
1 tsp. sage
1 tsp. dried parsley flakes
1 tsp. monosodium glutamate
1-10 oz. can water chestnuts - drained and sliced
¼ c. melted butter or margarine
1/3 c. finely chopped onions

Combine above ingredients. Yields stuffing for 6 to 8 lb. bird.

Betty Worster

KUTIA FOR CHRISTMAS EVE

2 c. high grade wheat
3 qts. water
1 c. poppy seed
2/3 c. sugar
1/3 c. hot water
½ c. chopped pecans

Dry wheat in a slow 250 degree F. oven 1 hr. stirring occasionally. Wash and soak overnight. Bring to boiling point and simmer for 3 or 4 hrs. until the kernels burst open and white appears. Scald poppy seed and simmer 3 to 4 min. Drain well in cheese cloth and grind twice using the finest blade of a food chopper. Set aside.

(continued)

Prepare honey and sugar dissolved in hot water. Set aside. Before a meal add sweetened mixture, ground poppy seed and nuts to the cooled wheat, walnuts, almonds, hazel nuts and serve.

Annie Procajlo

UKRAINIAN PYROHY

Dough - 1 egg, beaten ½ tsp. salt
1 c. warm water 2½ c. flour
Filling - 1 qt. potatoes, boiled
Salt and pepper to taste
½ lb. Kraft cheese whiz

Put flour in a large bowl, add salt to it. Beat egg and add water - mix together. Make a well in the flour and add the egg-water mixture. Mix well, forming a dough that is not sticky yet soft. If too sticky, add a little more flour. Knead well on a floured board until smooth. Roll out into a large circle and cut into circles with a drinking glass. Put a tbsp. of filling, pinch the dough together forming a half moon. Drop pyrohy into a large pot of boiling water (salted). Boil uncovered for 10 min. They will float to the top when cooked. Drain in a colander.

Pour about ¼ c. melted butter or butter fried chopped onions over them and mix well. Pyrohy may be served with sour cream.

FILLINGS - Sauerkraut - cook 3 c. sauerkraut for 10 min. Drain well. Put 3 tbsp. of fat such as butter, oil or bacon fat into a frying pan and 1 med. chopped onion. Fry onion until golden brown. Add sauerkraut and fry another 10 min. until golden brown. Cool and fill pyrohy.

Potato filling - 2 c. mashed potatoes, 3 tbsp. butter, fried with ½ c. chopped onion. Add the fried onion to the potatoes,mix well and season with salt and pepper. Fill pyrohy.

(continued)

Cheese filling - boil enough potatoes to make 2 c. mashed. Mash and while still hot, add ½ lb. Kraft cheese whiz or Ontario cheese. Season to taste with salt and pepper. Cool filling before filling pyrohy. Boil.

Mrs. A. Procajlo

PYROHY DOUGH

3 c. flour	4 c. flour
1/8 tsp. salt	1 egg
1 tbsp. butter	1-3/4 c. warm water
1 egg	½ tsp. salt
1 c. warm water	

Proceed as with other pyrohy recipe.

Combine water, egg and salt and add 3 c. flour. Mix well, and knead the 4th cup in until smooth and elastic. Brush with oil and set aside for 15 min.

Divide dough in half and cover one part. Roll out rest of dough as for pie crust and cut out with a small cutter. Place the round on palm of hand. Place a spoonful of the filling on it, fold over to form a half circle. Press edges together with your fingers, making sure the edges are free from filling. Have edges sealed well to prevent the filling from running out. Place the pyrohy side by side on tea towel without touching one another. Cover with another tea towel to prevent from drying out.

Drop into boiling salted water, not too many at a time. Stir gently with wooden spoon to prevent sticking to bottom. Boil about 5 min. When they stay on top of water, they are about done. Take out with strainer spoon, put in a dish and pour 1 c. cold water over them. Drain, place in casserole and sprinkle with oil or butter with fried onions. Toss gently to coat evenly.

FILLINGS -

Potato & cheese	6 potatoes, cooked 1 tsp. salt 1 tbsp. butter	½ lb. Canadian cheese mild or med., grated

(continued)

Mash potatoes, add other ingredients and blend well. Cool before filling pyrohy.

COTTAGE CHEESE - 2 c. dry cottage cheese
4 tbsp. bread crumbs
1 egg
1 tsp. soft butter
1 tsp. salt

Mix all ingredients and fill pyrohy. One c. of mashed potatoes could be added to above cheese filling if desired.

SAUERKRAUT - cook 3 c. sauerkraut for 10 min. Squeeze out well with hands, then chop fine. Fry 3 onions in oil and mix with sauerkraut (could be fried for another 10 min.) Cool and fill pyrohy.

PRUNE FILLING - ½ c. water
1 c. prunes ½ c. sugar

Bring to a boil, remove pits, let drain on paper towels. Chop prunes finely; fill pyrohy.

Annie Procajlo

OVEN POTATO PANCAKES

6 med. potatoes	Salt and pepper
1 egg, beaten	2 tbsp.milk
1 c. flour	1 tsp. baking soda

Beat the eggs with milk, flour and baking soda. Grate potatoes and mix in balance of ingredients. Pour into greased 8x12 baking pan. Bake about 45 min. in 375 degree oven. When done, cut in squares and serve immediately with sour cream or bacon chopped and fried with chopped onion.

Pour over the potato squares and serve.

Mrs. Annie Procajlo

FLUFFY NALYSNYKY (ROLLED PANCAKES)

3 eggs, separated
¼ c. milk
¼ c. water
¼ c. flour
½ tsp. salt

Beat egg yolks until light. Beat egg whites until stiff, set them aside. Add remaining ingredients to yolks, beat until mixture is smooth and creamy. Fold in beaten egg whites - fry in a 6" frying pan. Butter it lightly and heat well. Pour a few tbsp. of batter into pan, just enough to give it a thin coating. Tilt pan back and forth to spread batter evenly. Cook cakes over a moderate heat. When lightly browned on the bottom and firm to the touch on top, remove the cakes to a warm plate and keep warm.

To assure tenderness, cakes should not be turned over. Continue in this manner until all batter is used up. Butter pan lightly each time. Spread cakes with a sweet or savory filling as desired. Roll the filled cakes with the browned side on the outside in rolling. Place the rolled cakes in a casserole and dot generously with butter or sprinkle with browned buttered crumbs. Heat in a moderate oven for a few min. Serve hot.

Cottage cheese filling - 2 c. cottage cheese
2 egg yolks
2 tbsp. rich cream
Salt to taste
1 tsp. chopped dill, if desired

Mash the cottage cheese or press it through a sieve. Add all the remaining ingredients - mix thoroughly. Spread the filling on the nalysnyky and roll. Proceed as directed in the recipe for nalysnyky.

Mushroom filling - 1½ c. finely chopped mushrooms
1 tsp. onion juice
2 tbsp. butter
2 tbsp. sour cream
Salt and pepper to taste
1 tsp. dill if desired

(continued)

Use canned or fresh mushrooms. Cook the mushrooms with the onion juice in the butter until delicately browned. Add the cream and cook a while longer to blend the flavours. Season to taste. Add the dill if used.

Spread the filling on the nalysnyky and roll. Proceed as in recipe for nalysnyky.

Sweet cottage cheese filling -

2 c. cottage cheese
2 egg yolks
¼ c. sugar - or more
½ tsp. vanilla
¼ tsp. cinnamon
Few grains of salt

Mash the cottage cheese or press through a sieve. Combine the remaining ingredients. Mix well. Proceed as in above recipe for fillings and nalysnyky.

Crushed fruit filling - fill nalysnyky with crushed, sweetened strawberries, raspberries, blueberries, pitted cherries or other fruit.

Agnes Okrainetz

UKRAINIAN PANCAKES

1 egg
3/4 c. flour
Pinch of salt
1 c. sour milk
1 tsp. sugar

Filling - 1 c. cottage cheese
2 tbsp. sugar
Pinch of salt
1 tsp. sugar

Beat egg and add flour, sugar and salt. Beat well. The batter should be thin. Pour about 2 tbsp. of batter on a greased pan and let bake until it holds together. Turn over on other side and let bake for a min. Turn out on plate and quickly put in filling and roll up. When all are baked put in casserole and bake in 350 degree F. oven for ½ hr. Serve with sour cream or butter.

P. S. - I like to sprinkle a little cinnamon over the casserole.

Elizabeth Pudlo

BAKED PYROHY WITH DILL

4 c. sifted flour
1¼ tsp. salt
4 heaping tsp. baking powder
1/3 c. butter
1 tbsp. sugar

Mix the above ingredients as for pie crust. Add 2 c. cereal cream or rich milk and mix lightly with spoon. Put out on floured board. Roll scant ¼" thick. Cut rounds, stretch and fill with 1 tsp. filling, close firmly as tartlet.

Bake at 350 degrees.

Agnes Okrainetz

PUFFY POTATO PYROHY
(fried in oil)

2 c. mashed potatoes
2 eggs
2 tbsp. butter or lard
1 tsp. salt
½ c.milk
1 tsp. baking powder
3 c. flour
Cooking oil

Sift baking powder, with 2½ c. flour. Add the potatoes, salt and butter - mix together as for pie crust. Beat the eggs, blend with milk and add to the flour-butter mixture and if necessary add the ½ c. remaining flour. The dough should be soft but workable.

Turn out the dough on a floured board, roll out to ¼" thickness. Cut up in squares with a knife, for triangle and rectangle pyrohy or cut out rounds with a cookie cutter.

Place a tsp. of filling in the centre of each piece, fold over to cover filling and pinch the edges tightly together to seal. Fry in oil, 1½" in depth.

For filling use cottage cheese filling - combine 2 lb. cottage cheese, 4-5 eggs and 2 tbsp. margarine OR sauerkraut filling - scald 2 c. sauerkraut - drain and press out water. Chop fine. Fry ½ c. chopped onion, in 4 tbsp. vegetable oil. Add to sauerkraut.

Mrs. A. Procajlo

NALYSNYKY

1 c. flour
1 tsp. salt
4 eggs, well beaten
1-1/3 c.milk
2 tbsp. melted shortening

Cottage cheese filling -

½ lb. cottage cheese
1 egg, yolk - beaten
2 tsp.melted butter
1 tsp. sugar
¼ tsp. cinnamon
2 tsp. grated orange rind

Sift flour and salt and add remaining ingredients and beat well until batter is smooth. Dop by large spoonful into hot griddle pan - tilting pan carefully to spread out batter. Brown on one side until golden, stack them on a plate and keep warm while making filling.

FILLING - thoroughly mix all ingredients and put a spoonful of filling on each crepe and roll up tucking in ends if desired. Place in a greased 10x12 pan. Dot crepes with melted butter and heat in 350 degree F. oven for about 15 min. Serve with sour cream.

Irene Jean Marshall

NALYSNYKY
(pancake batter)

2 eggs, beaten
1½ c. milk
8 to 9 tbsp. flour
1 tsp. sugar
Sprinkle of salt

Filling - cheese mixture -

1 c. fresh soft cottage cheese
1 egg
2 tbsp. (level) sugar
Sprinkle of salt
½ tsp. vanilla

Pancakes should be fried very thin.

BATTER - Beat egg, add milk, sugar, sprinkle salt and flour. Have a small skillet on med. heat, add 1 tbsp. margarine When hot pour about 3 to 4 tbsp. batter (depends on the size

(continued)

of the pan) and roll batter around until the bottom of pan is coated. Let fry in pan until golden brown, turn over and brown lightly. Slip out on a plate. In the meantime make cheese mixture -

Beat egg and add sugar, vanilla, salt and add soft cheese (not the one in containers). Put some cheese on edge of pancake and roll it up. Use the rest of the batter and cheese in same way. Put pancakes in buttered pan and bake in 350 degree oven about ½ to 3/4 hr. until nice and hot.

Olga Stasuik

NALYSNYKY

3 eggs
½ c.milk
½ c. water
½ tsp. salt
1 c. flour
3/4 tsp. baking powder

Filling - 2 c. cottage cheese
2 eggs
¼ c. cream
½ tsp. salt
½ c. sugar - you may omit sugar

Beat eggs, add water, milk, salt, flour and baking powder. Mix until well blended and smooth. Batter is thin. Use an egg beater.

Preheat fry pan to 300 degrees F. Grease lightly with lard or shortening. Fry as pancakes, stack cakes on plate.

FILLING - Add eggs, cream and salt to cottage cheese. Mix. Spread filling on each pancake. Roll. Dip in melted butter and place in buttered casserole. Bake 30 min. in a 350 degree oven - serve hot,if you like top with sour cream.

Elizabeth Ewanic

SWEET MUSHROOM SAUCE FOR PYROHY

1 med. onion
1 can mushrooms or fresh mushrooms, chopped
2 tbsp. butter or margarine
½ pt. sweet table cream
1 tbsp. flour

(continued)

Saute chopped onion and drained mushrooms in butter in large skillet, until tender but not brown. Pour cream in a jar, add flour, cover and shake well to dissolve flour.

Pout into skillet and stir constantly until thickened. Adjust seasoning with salt and pepper to taste. Serve immediately.

Sauce may be used on whole boiled potatoes.

Mrs. Mary Spilchuk
Stoney Creek, Ont.

BARBECUED OR BAKED POTATO SAUCE

8 oz. sour cream
8 oz. creamed cottage cheese
1 stalk celery
½ sweet green pepper
3 green onions or shallots
¼ c. chopped dill leaves
¼ tsp. salt
1/8 tsp. white pepper

Combine sour cream and cottage cheese in a med. bowl. Wash and dry all vegetables thoroughly. Chop all vegetables very fine and add to sour cream mixture. Add salt, pepper - mix well. Taste and adjust seasoning if necessary.

Cover tightly and refrigerate or use immediately and enjoy!

Mrs. Mary Spilchuk
Stoney Creek, Ont.

SHRIMP COCKTAIL SAUCE

3/4 c. ketchup
3/4 c. chili sauce
2 tsp. Worcestershire sauce
2 tsp. horseradish
Lemon juice

Combine ingredients and chill before using.

Mrs. Dianne Fink

PUNCH

1 mickey Gin
2 large cans pink lemonade
2 large cans orange juice
2 large bottles Ginger Ale
1 large bottle Ocean Spray Cranapple.

Add water to taste.

Anne Procajlo

RHUBARB WINE

12 bunches rhubarb - 8 qts.
3 oranges
3 lemons
9 qts. boiling water
1 cake (or envelope) yeast
1 cake (or envelope) gelatin
8 lb. granulated sugar

Cut rhubarb into small pieces and place into large container and add boiling water. Cover and allow to stand 8 days. Strain and add sugar, yeast and gelatin. Mix well, stand 8 days. Strain through muslin. Bottle and cork lightly.

Thelma Strabac

HOME MADE NOODLES

4 eggs, beaten
3 tbsp. water
1 tsp. salt
3 c. flour

Beat eggs, add water and salt, stir in enough flour to make a stiff dough. Mix well and knead on floured board until smooth. Cover and let rest for 5 to 10 min. Roll out very thin - leave the rolled dough uncovered for 2 to 3 hrs. to dry (not too dry). Sprinkle with flour, roll up jelly roll fashion and slice very thinly or to suit your fancy. Put cut noodles on cloth covered cookie sheet and let dry thoroughly. Store in paper bag and use when needed.

Stella Storoschuk

141 - Hamilton, Ont.

ROB ROY

1 jigger Scotch
½ jigger sweet Vermouth Dash of bitters

Stir with cracked ice. Strain. Add fruit pieces.

Mike Pudlo

SINGAPORE SLING

1 jigger gin
½ oz. cherry brandy
½ oz. grenadine or benedictine
1 oz. lemon juice

Shake well with cracked ice and pour unstrained into glass. Top with soda. Decorate with fruit pieces.

Mike Pudlo

ZOMBIE

1 jigger rum
1 oz. each grenadine, unsweetened pineapple, lime and orange juice
1 tsp. powdered sugar
3/4 oz. cherry or apricot brandy

Add cracked ice and shake. Strain. Top with ½ jigger light rum - sprig of fresh mint.

Mike Pudlo

ANGEL'S KISS

Fill pony glass 3/4 full with creme de cacao. Float heavy cream on top. Decorate with cherry on a toothpick.

Mike Pudlo

DAIQUIRI

1 jigger light rum
Juice of ½ lime or lemon
1 tsp. powdered sugar

Shake with cracked ice, when shaker frosts, strain.

Mike Pudlo

WHISKEY SOUR

1 jigger rye or bourbon
½ jigger lemon juice
1 tsp. powdered sugar

Shake with cracked ice. Strain. Serve with fruit slices and cherry.

Mike Pudlo

SIDECAR

1 part brandy
½ part Cointreau
½ part lemon juice

Shake well with cracked ice. Strain into chilled cocktail glass.

Mike Pudlo

DANDELION WINE

1 gal. boiling water
4 qts. dandelion flowers
2 lemons
½ oz. stick ginger
3½ lb. sugar

Pour boiling water over flowers. Let stand for 20 hrs. Strain and boil with lemon, ginger, sugar for about ½ hr. Strain again and put in crock, with 1 oz. yeast-not the quick Fleischmann's fresh yeast. Fresh yeast is alright but the dry is best. Do not cork bottles before 3 months.

Mike Pudlo

SAUTERNE FRUIT PUNCH
(16 c.)

2 bottles Sauterne	3 tbsp. lemon juice
2 c. sliced peaches	Lemon rinds
½ c. sugar	

Add Ginger Ale to taste, add ice, serve with peach slice in each glass.

Doris Kozak

POTATO PANCAKES

5 or 6 large potatoes	Salt and pepper
½ c. flour	1 grated onion
1 egg, well beaten	Dash of garlic powder, opt.

Grate your potatoes and onion. Add egg, salt, pepper, garlic powder and flour. Fry in greased frying pan until nicely browned. Serve with sour cream.

Agnes Okrainetz

PEROGY FRIED IN OIL

Dough - 2 glasses hot milk
½ lb. butter
1 glass sugar - 16 oz.
1 tsp. salt
2 pkg. dry yeast
2 tsp. vanilla
3 eggs 1 or 2 tbsp. oil

Take the yeast and combine it with 1 tbsp. flour and 1 tbsp. sugar and mix it with warm water. Combine the hot milk and butter together until the butter melts and add the sugar. Beat the eggs and then add the vanilla. Add 7 c. flour to the milk, butter and sugar mixture and mix it well until all contents are combined together. Add the eggs with the vanilla and the yeast to the dough with also a pinch of salt and mix the dough well. Add the oil. Put the dough in a warm place to rise; once it has risen 3 times it is ready to bake.

(continued)

Filling - 1 lb. pork
1 lb. veal liver
2 boiled eggs
2 med. onions
Salt & pepper to taste

Boil the pork and liver until half done, then grind it up in grinding machine. Fry the onions in butter (chop onions). Mix the ground up meat and onions together and add a dash of salt and pepper to taste.

HOW TO MAKE THE PEROGIES:

Take small portions of the dough and roll it out into small circles. When the circles of dough are rolled out, take a small spoonful of the filling and place it in the centre of the dough then roll the dough up tightly around the filling. When all the perogies are done, put them to the side to rise abit. Carefully put them into a pot of hot oil. When they start to turn brown they are ready to take out and enjoy.

Mary Hryhorenko

SCALLOPED POTATOES WITH CHEESE

6 med. potatoes
1 onion, thinly sliced
1 tsp. salt
1/8 tsp. pepper
2 tbsp. flour
3 tbsp. butter or margarine
1½ - 2 c. hot milk
¼ c. grated cheese

Wash, peel and thinly slice potatoes. Butter 1½ qt. casserole or baking dish. Place layer of onion slices and layer of sliced potatoes in dish, using about 1/3 of each. Sprinkle with salt, pepper and flour. Dot with butter or margarine. Repeat layers finishing with potatoes. Pour on hot milk. Sprinkle top with grated cheese. Bake uncovered at 375 degrees for 1 hr. or until potatoes are tender and top is lightly browned.

Patricia Ozimok

BASIC PANCAKES

2 eggs
3 c. milk
2 c. flour
4 tbsp. sugar
1 tsp. salt
1 tsp. baking soda

Mix all ingredients together, mix with a beater until smooth - will stay in the fridge for a week.

Stella Storoschuk

POTATO PANCAKES

2 c. grated raw carrots
1 tsp. grated onions
2 tbsp. flour
1/8 tsp. pepper
½ tsp. baking powder
3/4 tsp. salt
2 beaten eggs

Mix potatoes with onions, flour, salt and pepper and baking powder. Combine with eggs just before frying; heat fat in frying pan until a drop of water sizzles. Drop from tbsp. the mixture into hot fat and spread evenly. Fry until golden brown. Makes 18 pancakes.

Stella Storoschuk

TEA REFRESHMENTS for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES – Ribbon & Rolled:

4 doz. eggs — hard boil, make filling with salad dressing and seasoning.

4 tins Klik or 1 lb. of ham or bologna — Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1½ lbs. white cream cheese — Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.

1½ lbs. Velveeta — Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp — Mix with salad dressing. Roll.

2 large tins salmon — Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each sould be sufficient if a group project.

Also required: 2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
½ gallon sweet pickles
½ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qts. dry beans
20 qts. salad
4 lbs. butter
4 qts. cream
4 lbs. salt pork
20 doz. rolls
20 pies
2 lbs. coffee

HASH SUPPER FOR 100:

40 lbs. corned beef
32 qts. potatoes
20 doz. rolls
20 qts. chopped cabbage
5 qts. salad dressing
4 lbs. butter
2 lbs. coffee
4 qts. cream

CABBAGE SALAD FOR 175:

20 lbs. cabbage
1½ qts. salad dressing
4 large cans crushed pineapple
2 bunches carrots

HAM SUPPER FOR 225:

48 lbs. canned ham
24 potato salads (solicited)
48 pkgs. peas (1 lb.)
5 lbs. coffee
9 qts. cream
45 qts. strawberries
6 pkgs. Bisquick (mixed re directions for shortcake)
6 qts. heavy cream

BRAISED BEEF FOR 200:

65 lbs. stew beef
60 lbs. potatoes
36 pies
Harvard beets
40 lbs. turnips
2 lbs. cheese

TURKEY DINNER FOR 250:

7 turkeys
75 lbs. butternut squash
20 large cranberry rings
75 lbs. potatoes
10 bunches celery
44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken
30 pkgs. frozen peas
12 cans cranberry sauce
3 large pkg. Bisquick
17 pkgs. Flakon corn mix
2 bunches celery

The following represent substances most frequently ingested by children, and first aid measures that may be employed until medical aid can be summoned.

Substance	Emergency treatment
MEDICINE (OVERDOSAGE)	
Aspirin and aspirin-containing medications Cough medicine Hormones (including thyroid preparations)	Give 2-3 glasses of water or milk then induce vomiting UNLESS patient is unconscious or convulsing.
Vitamins and iron tablets	Induce vomiting. Then give glass of milk
Sleeping pills	Induce vomiting. Do not induce vomiting or force fluids if patient is unconscious
Tranquilizers	Induce vomiting unless patient is unconscious. Give 2 tablespoons epsom salts in 2 glasses of water
HOUSEHOLD CLEANING AND POLISHING AGENTS	
Laundry bleach Automatic dishwasher detergents Household cleaners Furniture polish Cleaning fluid Charcoal fire starter	Give 2-3 glasses of milk or water immediately. **Do not induce vomiting.**
Household drain cleaners	**Do not induce vomiting.** Give 2-3 glasses of milk or water at once. **Avoid** gas-forming carbonates and bicarbonates
Wax remover	Give milk or water. **Do not induce vomiting.**
Fabric softeners	Give milk. Neutralize with weak soap (not detergent) solution. Induce vomiting.
Household ammonia	Give citrus juice or diluted (1 tablespoon per glassful) vinegar. Then give 2 raw egg whites or 2 oz. olive oil. Do not induce vomiting.

Pharmacy _____ Hospital _____

Emergency Poison Control Center _____

See other side of this page for substances most frequently ingested by Children.

The following represent substances most frequently ingested by children, and first aid measures that may be employed until medical aid can be summoned.

Substance	Emergency treatment
MEDICINE (OVERDOSAGE)	
Aspirin and aspirin-containing medications Cough medicine	Give 2-3 glasses of water or milk then induce vomiting UNLESS patient is un-
INSECTICIDES, POISON SUBSTANCES, PAINTS (Read labels for content)	
Arsenic	Give glass of milk immediately and induce vomiting. Then give activated charcoal (available from pharmacist).
DDT	Induce vomiting. Give 2 tablespoons epsom salts in 2 glasses water.
Lye	**Do not induce vomiting.** Give solution of vinegar (2 tablespoons vinegar in 2 glasses water). Next give 2 raw egg whites or 2 oz. olive oil
Paint (dry)	Give milk or water. Induce vomiting.
Paint (liquid)	Give 2-3 glasses of milk or water. **Do not induce vomiting.**
COSMETICS	
Cologne or perfume Hand lotion Shaving cream Skin lotion After-shave lotion Deodorant	Give milk. Induce vomiting if large amount ingested.
Bubble bath liquid Hair rinse (conditioners) Shampoo	Give milk of magnesia. Induce vomiting. Give milk or water at once. Induce vomiting.
Nail polish and removers Lacquers Bath oil	Give milk. Induce vomiting.
Hair straighteners Permanent wave neutralizer Permanent wave solution	Give milk. Induce vomiting. Then give weak acid such as lemonade, citrus juice, diluted vinegar.
PLANTS	
Any plant is a potential poison.	Induce vomiting if convulsions not imminent. Give artificial respiration if necessary.
INSECTICIDES, POISON SUBSTANCES, PAINTS (Read labels for content)	
Arsenic	Give glass of milk immediately and induce vomiting. Then give activated charcoal (available from pharmacist).
DDT	Induce vomiting. Give 2 tablespoons epsom salts in 2 glasses water.

label to medical facility treating patient. If poisonous substance is a plant or other unlabeled substance, be prepared to identify suspected substance. Save evidence such as portions of ingested materials from vomitus which may help identify plant or object involved.

THE ST. JOHN AMBULANCE
FIRST AID CHART

1. Don't panic — reassure casualty — have him lie down if possible.
2. If patient is not breathing, apply artificial respiration at once.
3. Stop severe bleeding at once.
4. Call or send for Doctor immediately.
5. Immobilize all fractures.
6. If patient unconscious, watch closely—give nothing by mouth.
7. Protect from harm, keep reasonably warm.
8. Examine for further injuries.

	HOW TO RECOGNIZE	DO THIS FIRST	FOLLOW WITH THIS FIRST AID TREATMENT	DON'T DO THIS
ASPHYXIA (no breathing)	Cause electric shock, suffocation, drowning, strangulation, Patient's lips, nose, ears, fingernails, toes may be bluish-grey. Breathing may be difficult or may have stopped	Remove cause from patient or patient from cause. Provide fresh air. For electric shock, turn off power, use protective measures to break contact. Open air passages. Remove any obstruction (dentures, gum, food)	Apply artificial respiration at once. (See below). Call a Doctor immediately. Have bystanders help with wet clothing, cover patient with blankets, call police, and fire rescue team if available.	DON'T touch anyone in contact with a live wire. DON'T enter a gas or smoke-filled room until protection or ventilation is assured. Never assume patient is dead. DON'T allow revived patient to drive or remain alone until checked by Doctor.
SEVERE BLEEDING	External: blood may spurt or flow steadily from wound. Internal: indicated by bleeding from mouth, blood in urine, stool, swelling at site of fracture, internal pain, pallor, fast/weak pulse, restlessness, air hunger, thirst, clammy skin	External: apply pressure directly on wound with thumb or fingers over a clean pad or dressing. Have patient sit or lie down, elevate injured part. Internal: have patient lie with feet raised 8", cover with blanket	External: apply additional dressings, bandage firmly. If bleeding continues apply tighter bandage on top. Call Doctor. Internal: advise doctor and remove patient to hospital soonest. Give nothing by mouth.	DON'T waste time looking for special dressing, etc. STOP bleeding first. DON'T give stimulants until bleeding controlled. DON'T give alcohol. DON'T disturb blood clotting over a wound.
BROKEN BONES INJURIES TO JOINTS	Generally pain, deformity, loss of use, difficult breathing (ribs). Bone end may protrude through skin. Bleeding from ear indicates possible skull fracture. Numbness or paralysis of lower extremities indicates injury to spine.	Stop any bleeding. If possible do not move patient. Splint fracture carefully. If a joint is dislocated immobilize in most comfortable position. For sprains apply cold water compresses. Place chest injury in best position for breathing	Secure dislocations and splinted fractures in a sling or to chest or other leg. Bandage cold compress firmly to sprains. Notify doctor. If back injury suspected, get help, lift patient without bending neck or spine onto firm flat surfaces, pad body hollows.	DON'T move until necessary, particularly cases of head, spine and hip injury; and then move with adequate support and in most comfortable position. Never jackknife. DON'T remove clothing unless bleeding is present.
BURNS, SCALDS AND FROSTBITE	Cause: flame, hot metal, hot liquid, acid, sun, electricity, skin may be reddened, blistered, hard and yellowish or black with bleeding. Frostbite appears as waxy whitish area with loss of sensation — often unnoticed by victim	Immerse superficial burns in cold water or apply frequent changes of cold wet towels. Guard against infection. Cover serious burns quickly with dry sterile dressing, sheeting, etc. Do not break blisters. Only First Aid treatment for frostbite: warm with body heat	Maintain cold water treatment until patient relieved of pain. Keep otherwise comfortable. Give sips of warm drinks. Bandage serious burns to prevent infection and remove to medical care, and give nothing to drink; For acid or alkali burns; flood with water.	DON'T break blisters, or breathe on burns. DON'T put anything on serious burns, e.g., ointment, creams, etc. DON'T give anything by mouth in serious cases. DON T hesitate to call Doctor re burns to children or elderly persons.
POISONING	Identify poison as soon as possible, notify Doctor or if not available, Poison Control Centre, immediately. Be able to inform doctor or hospital if possible, what poison was taken, quantity swallowed, how long previously, present condition of victim, location of victim and your phone number.	If victim has taken lye, drain cleaner, gasoline, kerosene, strong acids — DO NOT MAKE HIM VOMIT. Take the victim and a sample of the poison swallowed to hospital immediately. In case of delay in treatment give water or milk to dilute poison.	If victim has taken other poison give milk or water and make vomit by pressure of finger or spoon handle on back of tongue. Place victim's face down with head lower than hips when vomiting. Be sure to clear airway. Don't waste time inducing vomiting — get victim to hospital	DON'T spend more than five minutes trying to get patient to vomit—if not successful get him to hospital. DON'T store poisons, medications, aspirins, detergents, solvents, acids, etc., where children can reach. DON'T take any medicine without first reading the label.

MISCELLANEOUS INJURIES AND CONDITIONS

MINOR WOUNDS: (SCRATCHES, ABRASIONS) Wash with soap and water. Cover with sterile dressing and bandage firmly to stop bleeding. See doctor if further treatment necessary.

POISON IVY, OAK, AND SUMAC: Wash affected part thoroughly with soap and water, dry, and swab with alcohol. Apply calomine lotion.

FOREIGN BODIES IN EAR: Fill ear with mineral or olive oil or water containing baking soda. If insect does not float free, consult Doctor.

IN EYE: If it can be seen and does not appear to be imbedded, gently remove foreign body with corner of clean handkerchief or tissue moistened with water. If no avail, cover eye and as with imbedded objects, seek medical aid. DO NOT RUB. For chemicals in eye, wash eye carefully with copious amounts of water for at least 20 minutes. Consult Doctor at once.

ANIMAL BITES: All animal bites should be treated as serious and a Doctor consulted immediately. If an animal is suspected of being rabid, it should be destroyed but the head saved for analysis. If the bite is from an apparently healthy animal, the animal should be impounded for seven days to make sure it does not develop symptoms of rabies. Keep bitten part low. Bathe wound in a weak solution of potassium permanganate.

STINGS AND INSECT BITES: Bathe with moist bicarbonate of soda or weak ammonia. If a bee stinger remains, don't squeeze, but scrape out of skin. Best prevention for mosquito, blackfly bites: preparations containing Diethyltolyamide. Use and store commercial herbicides and pesticides with extreme care. They are also poisonous to birds, animals, and humans.

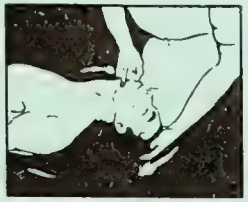
HEAT EXHAUSTION: Symptoms include headache, dizziness, nausea, vomiting, sometimes abdominal cramp, collapse, and unconsciousness. The face is pale with cold clammy sweat. Pulse is weak. Temperature may be normal or slightly raised. Place casualty in cool place. If conscious, give cool salted water to drink (1/4 tsp. per glass). Keep comfortably warm. Watch for any change in condition. If temperature rises rapidly, face becomes flushed, skin hot and dry and pulse full and bounding, patient is suffering from Heat Stroke. Immediately wrap patient in cool wet sheet and fan him. Temperature must be brought down to 102 degrees as soon as possible. When this is done, wrap patient in damp sheet and call doctor.

ARTIFICIAL RESPIRATION

WHEN BREATHING STOPS — LOSE NO TIME — EVERY SECOND COUNTS

DELAY CAN BE FATAL

POSITION OF CASUALTY: When rescued, place casualty on his back and raise shoulders with available clothing, blankets, etc. Tilt head well back in order to raise tongue off back of throat and open airway. Remove obvious obstruction with fingers by tilting head to side.



ORAL METHOD:

With one hand lift neck; with other press forehead back and pinch off nose. Seal off casualty's mouth with yours and blow sufficiently to make his chest rise.

Remove your mouth allowing air to exhale. Repeat cycle every 3-5 seconds until recovery. For children use smaller puffs more frequently.

MAKE SURE THE HEAD IS KEPT TILTED WELL BACK.

When you can't effectively seal off mouth, close mouth with one hand against chin, tilt head well back and blow through casualty's nose. For infants, cover both nose and mouth with your mouth.

Where casualty has been submerged in water, covered by earthfall or avalanche—administer first breaths as soon as face is uncovered.

SYLVESTER METHOD:

Kneeling astride casualty's head, grasp his arms at wrists. Cross them over lower half of his sternum and rocking forward, press firmly downward only sufficient to force air out of the lungs. This phase should take 2 seconds. Count "one and two and . . ." Release downward pressure, pull arms upward, outward and backwards. This extends the chest walls drawing air into lungs—PROVIDED THE AIRWAY IS KEPT OPEN BY ADEQUATE HEAD TILT. This phase should take 3 seconds, counting "three and four and five . . ." Return the wrists to the sternum for a continuation of the rhythmic cycle each 5 seconds, somewhat faster for a child.

CAUTION: adjust chest pressure to correspond with age and build of casualty.

N.B.: LISTEN FOR: expired air, obstruction to airway. WATCH FOR: adequate head tilt, change in colour (cheeks, ears) eye movements, etc. Operator can be relieved from side by side position in both methods. Keep warm and under observation until medically examined.

BE PREPARED

✶

LEARN FIRST AID

✶

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